Randomized trail Evaluating first-time shoulder Dislocation: sUrgery versus Conservative carE (REDUCE)

Recruiting patients with a first-time anterior shoulder dislocation

Banff Sport Medicine is participating in the REDUCE trial to determine if arthroscopic stabilization (Bankart Repair + Remplissage) or non-operative management (physical therapy) will affect the rate of recurrent shoulder dislocation, symptoms of instability, and functional outcomes for up to 2 years.

With the patient's permission, please call **Dr. Michaela Kopka (250-792-0428)** to discuss any interested patients as soon as they are assessed. The patient will be booked for consultation within 3 months from dislocation.

Bow Valley local patients can also be referred to **BSM's Acute Injury Clinic (403 760 2897 ext 3).**

Upon determining study eligibility and willingness to participate, the patient will either be booked for surgical stabilization within 3 months from study enrollment or begin non-operative physical therapy following a 3-phase rehabilitation protocol.

Inclusion Criteria	Exclusion Criteria
❒ Aged 14 – 40 years ❒ Post-traumatic first-time anterior dislocation within the last 3 months** (radiographic evidence, documented reduction, physical exam for GH translation) **Sx will occur within 3 months of study enrollment**	❒ Concomitant injuries (RC tear, fracture) ❒ Dislocation without trauma (hyperlaxity, atraumatic instability) ❒ Prior shoulder surgery ❒ Bony glenoid defect (bony Bankart) >10% (measured on preop imaging) ❒ Multidirectional instability ❒ Confirmed connective tissue disorder ❒ Pregnancy ❒ WCB ❒ Contraindications to surgery or anesthesia ❒ Epilepsy / seizure disorder

What is involved for patients?

1. Depending on study allocation, the patient will be booked for surgical stabilization within 3 months from enrollment or being non-operative management.
2. Standardized shoulder examinations, completion of online questionnaires, and completion of a 3-phase rehabilitation protocol.
3. Follow-up visits at 6 weeks, 3 months, 12 months, and 24 months after study enrollment.

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB24-1784).