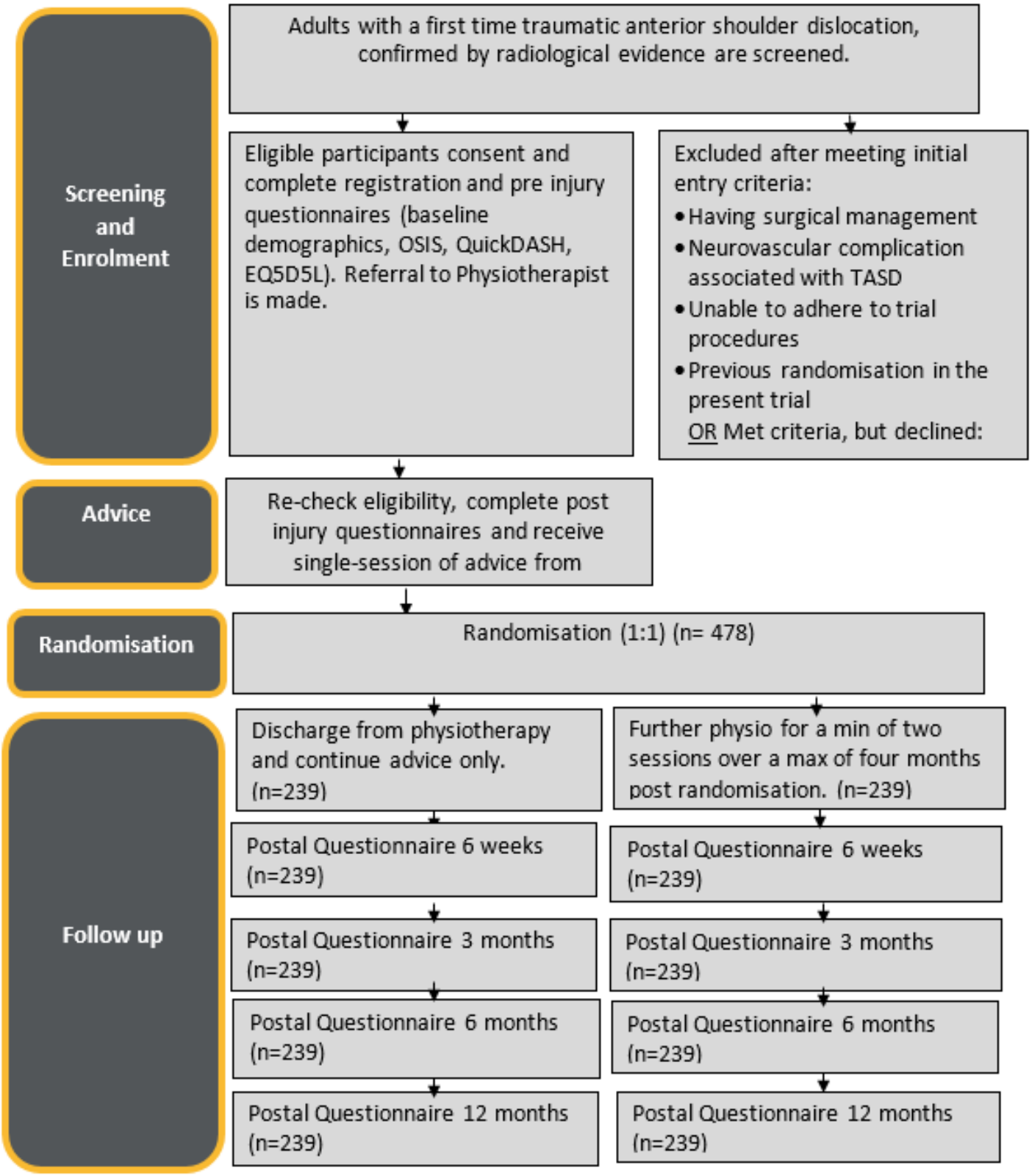
Screening and Enrolment
Adults with a first time traumatic anterior shoulder dislocation, confirmed by radiological evidence are screened.
Eligible participants consent and complete registration and pre injury questionnaires (baseline demographics, OSIS, QuickDASH, EQ5D5L). Referral to Physiotherapist is made.
Excluded after meeting initial entry criteria:
• Having surgical management
• Neurovascular complication associated with TASD
• Unable to adhere to trial procedures
• Previous randomisation in the present trial
OR Met criteria, but declined:
Advice
Re-check eligibility, complete post injury questionnaires and receive single-session of advice from
Randomisation
Randomisation (1:1) (n= 478)
Follow up
Discharge from physiotherapy and continue advice only. (n=239)
Further physio for a min of two sessions over a max of four months post randomisation. (n=239)
Postal Questionnaire 6 weeks (n=239)
Postal Questionnaire 6 weeks (n=239)
Postal Questionnaire 3 months (n=239)
Postal Questionnaire 3 months (n=239)
Postal Questionnaire 6 months (n=239)
Postal Questionnaire 6 months (n=239)
Postal Questionnaire 12 months (n=239)
Postal Questionnaire 12 months (n=239)