

Shoulder Reduction Basics, part 3: **CUNNINGHAM METHOD**

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THE BASICS

- least painful method of shoulder reduction
- may be attempted without prior scout film
- does not require conscious sedation (requires an alert, cooperative patient)
- **be patient!** may take up to 15 minutes to reduce

PATIENT POSITION

- Patient seated in chair with dislocated shoulder in “analgesic” position: arm held adducted to side, elbow bent, hand grasping provider’s shoulder
- Patient and examiner sit opposite one another eye to eye
- Examiner’s hand rests firmly on top of the patient’s dorsal forearm, applying downward pressure

REDUCTION TECHNIQUE

PANEL ONE:

- Patient seated across from examiner with affected arm in analgesic position.

PANEL TWO:

- Examiner instructs patient to relax, and massages trapezius

PANEL THREE:

- Examiner continues to massage patient’s deltoid, triceps, and biceps, instructing patient to relax. The shoulder may slip back into place at this point.

PANEL FOUR:

- If shoulder remains dislocated, examiner holds forearm with firm downward pressure and instructs the patient to shrug the shoulders. If the dislocated shoulder remains out of place after this step, examiner repeats steps 2-4.

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