



FIRST TIME SHOULDER DISLOCATIONS



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Nonoperative Instability Severity Index Score (NISIS)¹

Determines the success of non-operative treatment with a first time shoulder dislocation.

Overall 80% of athletes able to return/complete next season without missed time due to shoulder injury.
(***Study performed on high school and college aged athletes***)

NSIS Score **less than 7** = low risk

- 97% chance returning without issue

NSIS Score **7 or higher** = high risk

- 59% (60%) chance returning without issue

| <u>Risk Factor</u> | <u>Cutoff</u> | <u>Score</u> | <u>OR</u> |
|---------------------|-------------------------------------|--------------|-----------|
| Type of sport | Collision/Grappling Sport (3) | 3 | 23.4 |
| Age | >15yo | 2 | 6.0 |
| Bone Loss | Detectable on XR | 2 | 4.5 |
| Type of Instability | Dislocation (1) vs. Subluxation (0) | 1 | 3.6 |
| Arm Dominance | Dominant Arm (1) | 1 | 2.8 |
| Sex | M(1) vs F(0) | 1 | 1.5 |

1. Tokish JM, Thigpen CA, Kissenberth MJ, et al. The Nonoperative Instability Severity Index Score (NISIS): A Simple Tool to Guide Operative Versus Nonoperative Treatment of the Unstable Shoulder. Sports Health. 2020;:1941738120925738.

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