



FIRST TIME SHOULDER DISLOCATIONS

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**)

N SIS Score **less than 7** = low risk

- 97% chance returning without issue

N SIS 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/Grapppling 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.