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Abstract: Shoulder dislocation is a common injury in athletes participating in contact and overhead sports. Optimal treatment is still a subject of controversial debate. Presentation of current concepts for therapy of shoulder dislocation in athletes. A selective literature search in PubMed was carried out. Surgical and non-surgical therapy options are described in the literature and can be successful in certain situations. A gold standard has yet to be defined. For decision-making numerous patient and sports-related factors need to be considered. There is a current trend towards early surgical stabilization in young athletes.
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