Shoulder Instability:
A Review of Anatomical and Biomechanical Considerations, Prevalence, and Diagnosis as well as Nonoperative and Operative Management

Brittany Lynch, PT, DPT, SCS, OCS
UPMC Centers for Rehab Services
Pittsburgh, Pennsylvania

Tara Ridge-Hankin, MS, PT, SCS
UPMC Centers for Rehab Services
Pittsburgh, Pennsylvania

Dharmesh Vyas, MD, PhD
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania
REFERENCES


7. Owens BD, Agel J, Mountcastle SB, Cameron KL, Nelson BJ. Incidence of gleno-


34. Yoldas EA, Faber KJ, Hawkins RJ. Translation of the glenohumeral joint in patients with multidirec-


