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Kelli McIntyre, Annie Bélanger, Jasdeep Dhir, Lyndsay Somerville, Lyn Watson, Myles Willis, Jackie Sadi

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Evidence-Based Conservative Rehabilitation for Posterior Glenohumeral Instability: A Systematic Review

Kelli McIntyre, PT, FCAMPT¹
Annie Bélanger, PT, FCAMPT²
Jasdeep Dhir, PT, TDPT, FCAMPT³
Lyndsay Somerville, PhD ⁴
Lyn Watson, B.App.Sci (Physio), Dip. Manipulative Physio, PhysioD ⁵
Myles Willis, BMR PT, FCAMPT⁶
Jackie Sadi, PT, MSc, FCAMPT⁷

² Kinatex Dix30, Brossard, Canada

³ Physiotherapy First, Brampton, Ontario, Canada

⁵ LifeCare Prahran Sports Medicine Centre and Melbourne Orthopaedic Group, Australia

⁶ Gimli Quarry Physiotherapy, Gimli, Manitoba, Canada

The authors certify that they have no affiliations with or financial involvement in any organization or entity with a direct financial interest in the subject matter or materials discussed in the article.

Address correspondence to:
Jackie Sadi, PT, MSc, FCAMPT
School of Physical Therapy, Elborn College, Room 1588
University of Western Ontario, London, Ontario, Canada, N6G 1H1
519-661-2111 ext. 87745
jsadi2@uwo.ca

¹ Canadian Forces Health Services, Department of National Defence, Canada

⁴ Department of Surgery, University of Western Ontario, London, Ontario, Canada

⁷ School of Physical Therapy, University of Western Ontario, London, Ontario, Canada

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