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Supplementary files

All searches were conducted on April 9<sup>th</sup> 2020. In all databases a filter for filter from 1990 up to 2020 was applied.

*Supplementary 1.*

*PubMed (Legacy)*

#6	Search #1 AND #2 AND #3 Filters: Publication date from 1990/01/01 to 2020/12/31	2389
#4	Search #1 AND #2 AND #3	2538
#3	Search (primary[tiab] OR initial[tiab] OR acute[tiab] OR first[tiab])	5235087
#2	Search ("surgery" [Subheading] OR "Surgical Procedures, Operative"[Mesh] OR "Surgeons"[Mesh] OR surger*[tiab] OR surgic*[tiab] OR surgeon*[tiab] OR operation*[tiab] OR operative*[tiab] OR invasive*[tiab] OR restorati*[tiab] OR Bankart[tiab] OR "Bankart Lesions/surgery"[Mesh] OR arthroscopic stabilization[tiab] OR conservative*[tiab] OR noninvasive[tiab] OR non-invasive[tiab] OR nonsurgic*[tiab] OR non-surgic*[tiab] OR nonoperati*[tiab] OR non-operati*[tiab] OR (non[tiab] AND (surgic*[tiab] OR operati*[tiab])) OR "Rehabilitation"[Mesh] OR "rehabilitation" [Subheading] OR "Immobilization"[Mesh] OR "Physical Therapy Modalities"[Mesh] OR "Physical Therapy (Specialty)"[Mesh] OR "Exercise Movement Techniques"[Mesh] OR "Physical Therapy Department, Hospital"[Mesh] OR physiother*[tiab] OR (physical[tiab] AND therap*[tiab]) OR immobili*[tiab] OR rehabilitat*[tiab] OR lavage[tiab] OR arthroscopic washout[tiab] OR sham[tiab] OR "Placebos"[Mesh] OR placebo*[tiab])	5918755
#1	Search ("Shoulder Dislocation"[Mesh] OR (("Shoulder"[Mesh] OR "Shoulder Joint"[Mesh] OR shoulder*[tiab] OR glenohumeral[tiab]) AND ("Joint Dislocations"[Mesh] OR dislocation*[tiab] OR luxation*[tiab] OR instability[tiab])))	11890

*Cochrane/Wiley*

#1	MeSH descriptor: [Shoulder Dislocation] explode all trees	139
#2	MeSH descriptor: [Shoulder] explode all trees	523
#3	MeSH descriptor: [Shoulder Joint] explode all trees	726
#4	shoulder*:ti,ab OR glenohumeral:ti,ab	10259
#5	#2 OR #3 OR #4	10362
#6	MeSH descriptor: [Joint Dislocations] explode all trees	665
#7	dislocation*:ti,ab OR luxation*:ti,ab OR instability:ti,ab	6063
#8	#6 OR #7	6422
#9	#5 AND #8	646

#10	#1 OR #9	650
#11	MeSH descriptor: [Surgical Procedures, Operative] explode all trees	115057
#12	MeSH descriptor: [Surgeons] explode all trees	123
#13	MeSH descriptor: [Bankart Lesions] explode all trees	10
#14	MeSH descriptor: [Rehabilitation] explode all trees	34032
#15	MeSH descriptor: [Immobilization] explode all trees	722
#16	MeSH descriptor: [Physical Therapy Modalities] explode all trees	24349
#17	MeSH descriptor: [Physical Therapy Specialty] explode all trees	118
#18	MeSH descriptor: [Exercise Movement Techniques] explode all trees	2017
#19	MeSH descriptor: [Physical Therapy Department, Hospital] explode all trees	17
#20	MeSH descriptor: [Placebos] explode all trees	23807
#21	surger*:ti,ab OR surgic*:ti,ab OR surgeon*:ti,ab OR operation*:ti,ab OR operative*:ti,ab OR invasive*:ti,ab OR restorati*:ti,ab OR Bankart:ti,ab OR arthroscopic stabilization:ti,ab OR conservative*:ti,ab OR noninvasive:ti,ab OR non-invasive:ti,ab OR nonsurgic*:ti,ab OR non-surgic*:ti,ab OR nonoperati*:ti,ab OR non-operati*:ti,ab OR (non:ti,ab AND (surgic*:ti,ab OR operati*:ti,ab)) OR physiother*:ti,ab OR (physical:ti,ab AND therap*:ti,ab) OR immobili*:ti,ab OR rehabilitat*:ti,ab OR lavage:ti,ab OR arthroscopic washout:ti,ab OR sham:ti,ab OR placebo*:ti,ab	563129
#22	#11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21	635428
#23	primary:ti,ab OR initial:ti,ab OR acute:ti,ab OR first:ti,ab	629787
#24	#10 AND #22 AND #23 With Cochrane Library publication date from Jan 1990 to Dec 2020	332

*Embase/Ovid*

1	exp shoulder dislocation/	6336
2	exp shoulder/	79871
3	shoulder*.ti. or shoulder*.ab.	94395
4	glenohumeral.ti. or glenohumeral.ab.	7031
5	2 or 3 or 4	131418
6	exp joint dislocation/	3844
7	dislocation*.ti. or dislocation*.ab.	58483
8	luxation*.ti. or luxation*.ab.	5521
9	instability.ti. or instability.ab.	139212
10	6 or 7 or 8 or 9	197799

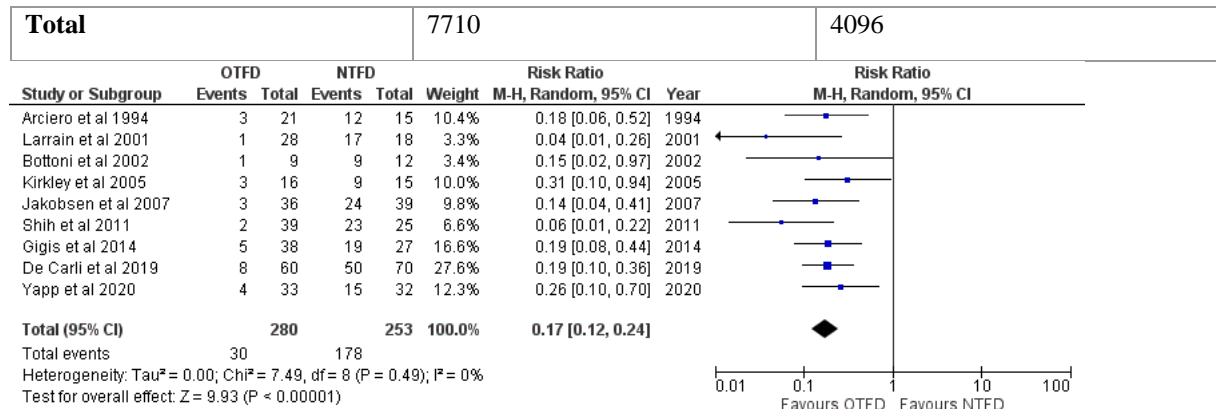
11	5 and 10	12684
12	1 or 11	14769
13	su.fs.	2147954
14	exp surgical technique/	1714066
15	exp surgeon/	158647
16	surger*.ti. or surger*.ab.	1567340
17	surgic*.ti. or surgic*.ab.	1443819
18	surgeon*.ti. or surgeon*.ab.	319719
19	operation*.ti. or operation*.ab.	738906
20	operative*.ti. or operative*.ab.	464351
21	invasive*.ti. or invasive*.ab.	565470
22	restorati*.ti. or restorati*.ab.	154049
23	Bankart.ti. or Bankart.ab.	1733
24	exp Bankart lesion/su [Surgery]	177
25	arthroscopic stabilization.ti. or arthroscopic stabilization.ab.	353
26	conservative*.ti. or conservative*.ab.	176151
27	noninvasive.ti. or noninvasive.ab.	123089
28	non-invasive.ti. or non-invasive.ab.	137696
29	nonsurgic*.ti. or nonsurgic*.ab.	19117
30	non-surgic*.ti. or non-surgic*.ab.	19205
31	nonoperati*.ti. or nonoperati*.ab.	14431
32	non-operati*.ti. or non-operati*.ab.	9215
33	non.ti. or non.ab.	2938479
34	surgic*.ti. or surgic*.ab.	1443819
35	operati*.ti. or operati*.ab.	1332190
36	34 or 35	2447692
37	33 and 36	255465
38	exp rehabilitation/	406703
39	rh.fs.	157272
40	exp immobilization/	78451
41	exp physiotherapy/	94596
42	physiother*.ti. or physiother*.ab.	48000

43	physical.ti. or physical.ab.	922692
44	therap*.ti. or therap*.ab.	4082890
45	43 and 44	147814
46	immobili*.ti. or immobili*.ab.	150509
47	rehabilitat*.ti. or rehabilitat*.ab.	245537
48	lavage.ti. or lavage.ab.	69252
49	arthroscopic washout.ti. or arthroscopic washout.ab.	41
50	sham.ti. or sham.ab.	120030
51	exp placebo/	359511
52	placebo*.ti. or placebo*.ab.	311235
53	13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 37 or 38 or 39 or 40 or 41 or 42 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52	6868925
54	primary.ti. or primary.ab.	2156698
55	initial.ti. or initial.ab.	1095000
56	acute.ti. or acute.ab.	1710325
57	first.ti. or first.ab.	3412431
58	54 or 55 or 56 or 57	7294553
59	12 and 53 and 58	3287
60	limit 59 to yr="1990 - 2020"	3037

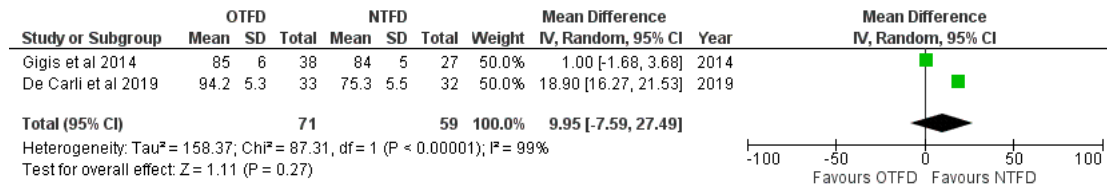
*Web of Science/Clarative*

TOPIC: (Shoulder Dislocation OR ((shoulder\* OR glenohumeral) AND (dislocation\*OR luxation\* OR instability))) AND (surger\* OR surgical\* OR surgeon\* OR operation\* OR operative\* OR invasive\* OR restorati\* OR Bankart OR arthroscopic stabilization OR conservative\* OR noninvasive OR non-invasive OR nonsurgic\* OR non-surgic\* OR nonoperati\* OR non-operati\* OR (non AND (surgic\* OR operati\*)) OR physiother\* OR (physical AND therap\*) OR immobili\* OR rehabilitat\* OR lavage OR arthroscopic washout OR sham OR placebo\*) AND (primary OR initial OR acute OR first)

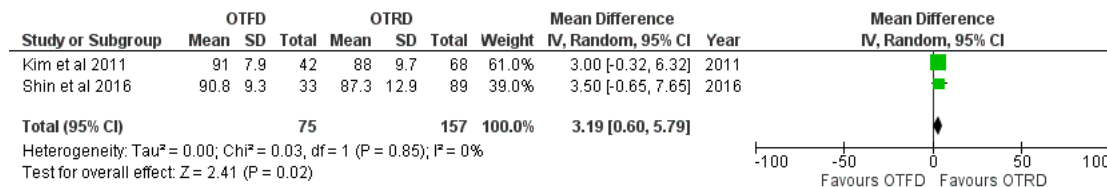
Database	Before deduplication	After deduplication
PubMed	2389	2311
EMBASE (Ovid)	3037	1223
Cochrane	332 (5 reviews, 327 trials)	157 (1 review, 156 trials)
Web of Science	1952	296



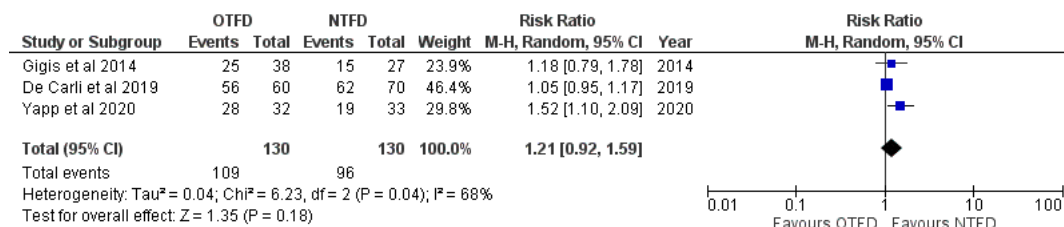
Supplementary 2. Recurrence operative treatment following first-time dislocations (OTFD) vs non-operative treatment following first-time dislocations (NTFD)



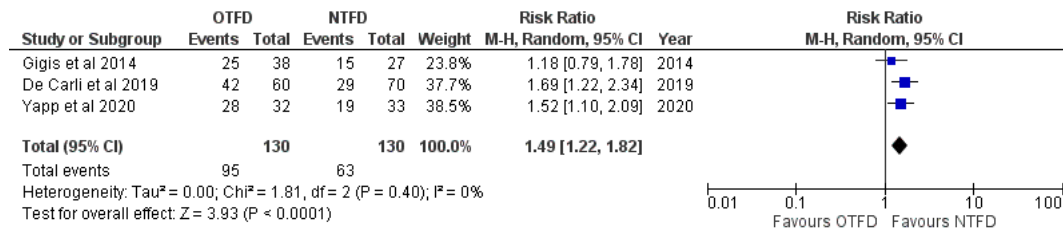
Supplementary 3. Rowe-score operative treatment following first-time dislocations (OTFD) vs non-operative treatment following first-time dislocations (NTFD)



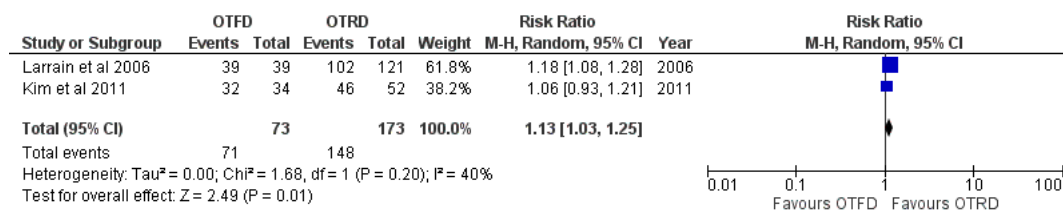
Supplementary 4. Rowe score operative treatment following first-time dislocations (OTFD) vs operative treatment following recurrent dislocations (OTRD)



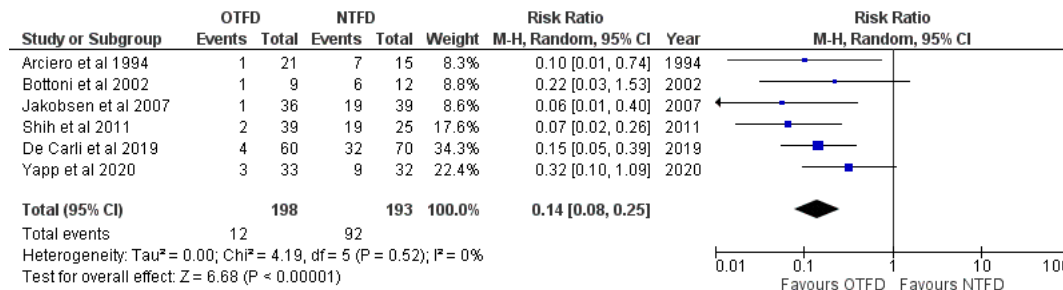
Supplementary 5. Return to sport operative treatment following first-time dislocations (OTFD) vs non-operative treatment following first-time dislocations (NTFD)



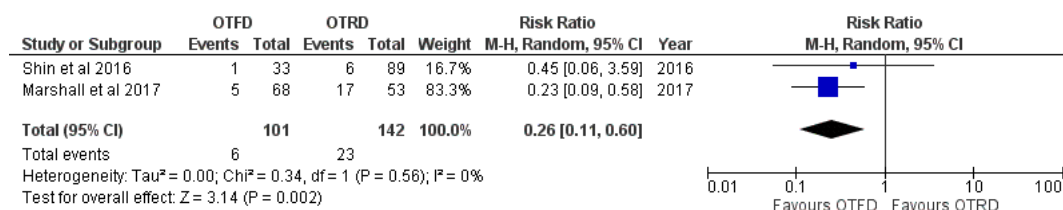
Supplementary 6. Return to sport at pre-injury level operative treatment following first-time dislocations (OTFD) vs non-operative treatment following first-time dislocations (NTFD)



Supplementary 7. Return to sport operative treatment following first-time dislocations (OTFD) vs operative treatment following recurrent dislocations (OTRD)



Supplementary 8. Need for additional surgery operative treatment following first-time dislocations (OTFD) vs non-operative treatment following first-time dislocations (NTFD)



Supplementary 9. Need for additional surgery operative treatment following first-time dislocations (OTFD) vs operative treatment following recurrent dislocations (OTRD)