Dislocations occur at a joint when bones are forced from their normal positions, causing a temporary deformity, immobilization and severe pain.

**Caution!**
Dislocations are medical emergencies and should be treated only by a health care professional.

**How is it treated?**
- Immobilize the injury above and below the injured joint.
- Use ice packs to help reduce the pain until a medical professional can realign the joint.

**Find More Information**
- Mayo Clinic: http://mayocl.in/1qzCZkB
- Medline Plus: http://1.usa.gov/Naflv9
- Ortho Info, Shoulder Dislocation: http://bit.ly/1kOWN2q
- Ortho Info, Hip Dislocation: http://bit.ly/1i88DBt

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