

Treating Dislocations



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://bitly.com/1kOWN2q>
- Ortho Info, Elbow Dislocation: <http://bit.ly/OovVZj>
- Ortho Info, Hip Dislocation: <http://bit.ly/1i88DBt>

PLAY IT SAFE

Competitive sports provide participants with physical fitness, teamwork, improved skills, and self-esteem – but they can also cause injuries. In a recent survey of 2012 emergency room visits, Safe Kids Worldwide found that 1.35 million children had a serious sports-related injury. That's over 154 children being treated in emergency rooms every hour. While most of the injuries noted were sprains and strains, fractures came in second, contusions and abrasions were third, and the most dreaded injury of all – concussions – were fourth, with 163,670 injuries in 2012 alone.¹

¹ "1.35 Million Children Seen in Emergency Rooms for Sports-Related Injuries." SafeKids.org Safe Kids Worldwide, 5 August 2013. Web. 5 November 2013.