

# Dislocation

## What is it?

An injury in which the ends of your bones are forced from their normal positions.

Dislocation usually involves the body's larger joints. In adults, the most common site of the injury is the shoulder. In children, it's the elbow. Your thumb and fingers also are vulnerable if forcibly bent the wrong way.

## Signs/Symptoms:

- Joint is visibly deformed or out of place
- Numbness or tingling at the joint
- Swelling or discoloration
- Limited ability to move
- Intense pain

A dislocation requires prompt medical attention to return your bones to their proper positions.

## Plan of Action:

If you believe you have dislocated a joint:

- **Get medical help immediately.**
- **Do not move the joint.** Until you receive help, splint the affected joint into its fixed position. Don't try to move a dislocated joint or force it back into place. This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.
- **Put ice on the injured joint.** This can help reduce swelling by controlling internal bleeding and the buildup of fluids in and around the injured joint.

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