

FIRST AID FACT SHEET

Dislocation

A dislocation occurs when one or more bones are displaced at a joint, this is most often at the shoulders, elbow, kneecap or fingers.

Caused by

- + Sudden impact on the joint.
- + Forceful muscle contraction.

Signs & symptoms

- + Pain at or near the site of injury.
- + Difficult or impossible to move the joint.
- + Loss of power.
- + Deformity or abnormal movement.
- + Tenderness.
- + Swelling.
- + Discoloration and bruising.

What to do

1. Follow DRSABCD St John Action Plan.
2. Assist the casualty to sit or lie down in a comfortable position and reassure.
3. **DO NOT** attempt to put back into position.
4. If injury is to a limb:
 - + Check blood flow – if absent move limb gently to try and restore it.
 - + Call **Triple Zero (000)** for an ambulance.
 - + Apply icepacks if possible, directly over the joint.
 - + Rest and support the limb with padding and bandages.
5. Shoulder:
 - + Support the casualties arm in position of least discomfort.
6. Wrist:
 - + Apply a sling in a position of comfort.



In a medical emergency
call **Triple Zero (000)**

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