

MUGBERIA GHANGADHAR MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

SPORTS MEDICINE

DISLOCATION

Biswajit Dhali



JOINT DISLOCATIONS

A dislocation is an abnormal separation of two bones where they meet at a joint. A dislocated bone is no longer in its normal position. A dislocation may also cause ligament or nerve damage.

Normal
hip



Dislocated
hip



Dislocations

- When the bones at a joint are no longer in proper contact.
- Can be caused by severe twisting or indirect force, or even a muscular contraction.
- Sometimes a dislocated joint will spontaneously reduce before your assessment.
 - Confirm the dislocation by taking a patient history.
 - A dislocation that does not reduce is a serious problem.

Dislocated Areas

- Most frequently dislocated joints
 - Shoulder
 - Elbow
 - Thumb
 - Finger
 - Jaw
 - Knee



- Dislocations can occur in any joint major (shoulder, knees, etc.) or minor (toes, fingers, etc.).
- The most common joint dislocation is a shoulder dislocation.

CAUSES OF DISLOCATION

- Dislocations are usually caused by a sudden impact to the joint.
- This usually occurs following a blow, fall, or other trauma.
- A joint dislocation can cause damage to the surrounding ligaments, tendons, muscles, and nerves.
- After a joint dislocates, it's more likely to dislocate again in the future.
- The loosened or stretched ligaments in the joint provide little stability and allow for the joint to be easily dislocated.

SYMPTOMS OF DISLOCATION

- Visibly out-of-place,
- Discolored or redness of joint area
- Misshapen joint, Deformity or abnormal appearance
- Intensely painful, especially if you try to use the joint or bear weight on it or move it.
- Swelling or bruised

SYMPTOMS OF DISLOCATION

- Loss of normal function
- Joint may be locked in one position
- Limited joint movement
- Decreased sensation distal to the joint
- Decreased pulse, cool extremity distal to the joint
- Numbness and paresthesias
- Stiffness, impaired circulation to the limb or digit

GENERAL TREATMENT PRINCIPLES

- Call emergency medical care. Until care is received, do the following:
- Leave the joint alone. Attempting to move or jam a dislocated bone back in can damage blood vessels, muscles, ligaments, and nerves.
- Stop the activity.
- Survey the injured area.
- First Aid if qualified.

GENERAL TREATMENT PRINCIPLES

- Get help if not.
- Determine if additional medical attention is necessary.
- Apply an ice pack. Ice can ease swelling and pain in and around the joint.
- Use ibuprofen or acetaminophen for pain.

RICE

- **R** - **Rest**
- **I** - **Immobilize**
- **C** - **Cold**
- **E** - **Elevate**

Emergency Care For Fractures & Dislocations



- Administer O2
- Control any bleeding & dress open wounds
- Check distal pulse
- Apply slight traction—if splinting long bones in arms and legs
If injury to a joint
- DO NOT apply traction
- Splint in the position found
- Apply splint above & below the fracture
- Re-check distal pulses after splinting
- Control swelling with ice pack & elevation if distal pulse is present and strong
- Maintain body temperature

DISLOCATIONS

- Discuss about the name of bones in the different joints.....
 1. Shoulder.....
 2. Elbow.....
 3. Wrist.....
 4. Hip.....
 5. Knee.....
 6. Ankle.....
 7. Finger.....

THANK YOU