

Dislocations



first aid

**In a medical emergency,
call Triple Zero (000) for
an ambulance.**

It can be difficult to tell whether the injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture.

No attempt should be made to force a dislocation back into place.

Signs and symptoms

- deformity or abnormal mobility
- pain at or near the site of the injury
- difficult or impossible normal movement
- loss of power
- tenderness
- swelling
- discolouration and bruising.

What to do

1. Follow DRSABCD.
2. If the injury is to a limb, check the circulation and if absent move the limb gently to try to restore circulation.
3. Rest and support the limb using soft padding and bandages.
 - If injury is to a shoulder, support the arm as comfortably as possible and apply an icepack.
 - If the injury is to a wrist, support in a sling and apply icepack.
4. Apply icepacks directly over the injured joint, if possible.
5. Seek medical attention.