

# Dislocation



**IN A MEDICAL EMERGENCY  
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

**DRSABCD** Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

## WARNING

- It can be difficult to tell whether an injury is a fracture, dislocation, sprain or strain. If in doubt, always treat as a fracture.
- DO NOT attempt to put a dislocation back into place.

## SIGNS AND SYMPTOMS

- pain at or near the site of the injury
- difficulty or inability to move the joint
- abnormal mobility of the limb
- loss of power
- deformity (such as an abnormal lump or depression)
- tenderness
- swelling
- discolouration and bruising

## WHAT TO DO

- 1 Follow DRSABCD.
- 2 Rest and support the limb using soft padding and bandages.
- 3 For a shoulder injury, support the arm as comfortably as possible.
- 4 For a wrist injury, support the wrist in a sling.
- 5 Apply a cold pack directly over the injured joint, if possible.
- 6 Seek medical aid.
- 7 Check circulation of the limb. If circulation is absent, call triple zero (000) for an ambulance. Massage the limb gently to try to restore circulation.

**YOU COULD SAVE A LIFE WITH FIRST AID TRAINING [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU) • 1300 360 455**

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