

Joint dislocation

An injury where a joint is forced out of normal position.

Common

More than 200,000 US cases per year

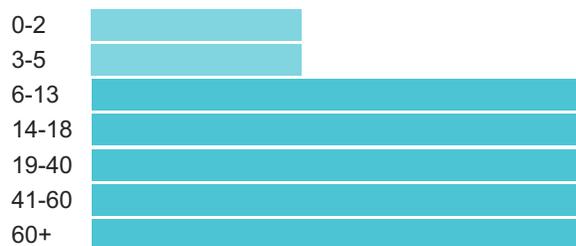
-  Usually self-diagnosable
-  Lab tests or imaging often required
-  Treatable by a medical professional
-  Short-term: resolves within days to weeks

Joints can be dislocated from injury. This usually happens from a fall, an auto accident, or participation in sports.

A dislocation is painful and immobilizes the joint. Examples of affected areas include shoulders, elbows, fingers, ankles, knees, hips, and jaw.

Prompt medical attention is needed to put the joint back in place, followed by several weeks of rest.

Ages affected



Symptoms

Usually self-diagnosable

A dislocation is painful and immobilizes the joint. Examples of affected areas include shoulders, elbows, fingers, ankles, knees, hips, and jaw.

People may experience:

Pain areas: in the joints, arm, elbow, fingers, knee, leg, or shoulder

Also common: tenderness, bruising, muscle spasms, stiffness, or swelling

Treatments

Treatment consists of procedures

Prompt medical attention is needed to put the joint back in place, followed by several weeks of rest.

Medical procedure

Procedural sedation and analgesia: Giving tranquilizers and painkillers before a painful or unpleasant medical procedure. Although not fully conscious, the person can still breathe on their own.

Reduction: Surgery to fix a broken or dislocated bone by putting it back into place.

Traction: Using weights and pulleys to put a broken bone or damaged joint back in position and hold it still.

Devices

Splint: A rigid accessory used to stabilize and protect an injured joint.

Orthopedic cast: A protective device applied to an injured joint or limb to limit motion and promote healing.

Therapies

Joint manipulation: Stretching a joint past its current restricted range of motion to restore movement and reduce pain.

Self-care

Rest: Reducing activity for a short period of time following an injury to promote healing.

Specialists

Orthopedic surgeon: Performs surgery for conditions affecting bones and muscles.

Trauma surgeon: Performs surgery to repair damage caused by injuries.

Sports medicine: Treats and prevents sports and exercise injuries.

Physical therapist: Restores muscle strength and function through exercise.

Emergency medicine doctor: Treats patients in the emergency department.

Critical: consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. [Learn more](#)