



## INJURY PREVENTION

### -DISLOCATION-

#### 1. Complete the sentence.

Is an injury to a  in which the ends of your  are . Is most common in  and .

#### 2. Link each prevention measure with its explanation.

**Beware of falls**

**Play safely**

**Avoid recurrence**

Use protective gear when play contact sports.

Once you have dislocated a joint, you might be more susceptible to future dislocations.

Pay attention to your surroundings.

#### 3. What to do if we have a dislocation? Select the correct ones.

Mobilization.

Immobilization.

Compression.

Attends the doctor.

Put it on yourself.

Surgery.