



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.

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Mobilization. | <input type="checkbox"/> Immobilization. | <input type="checkbox"/> Compression. |
| <input type="checkbox"/> Attends the doctor. | <input type="checkbox"/> Put it on yourself. | <input type="checkbox"/> Surgery. |