



## 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.