

A and E (accident and emergency) • broken •
fracture • injury • operation • painful •
painkiller • physiotherapy • X-ray

DOCTOR WEB

Health news

Doctors near you

A-Z health



A dislocated shoulder

How does a **dislocated** shoulder happen? It's possible to dislocate your shoulder while playing a contact sport, such as rugby or judo, or in some other (a) connected with sport or exercise.



How do I know if I have dislocated my shoulder? It is quite easy to identify a dislocated shoulder because your shoulder will be very (b) and it will be difficult to move your arm.

What should you do if you have a dislocated shoulder? The best thing is to go to the (c) department immediately. While you are waiting for a doctor to examine you, try not to move your upper arm.

How do you treat a dislocated shoulder? Usually they'll give you an (d) to see if you have any (e) bones, or have a (f) If you do, an (g) might be necessary. They will give you (h) and perhaps some other medicine to help you relax.

How do you recover from a dislocated shoulder? Once your shoulder is back in place, normally you are able to go home. However, it is often necessary to keep your arm in a **sling** for the next couple of days at least. You might also need (i) to rehabilitate the shoulder.