



## 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.     |