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URL of this page: <https://medlineplus.gov/dislocations.html>

Dislocations

Dislocations are joint injuries that force the ends of your bones out of position. The cause is often a fall or a blow, sometimes from playing a contact sport [<https://medlineplus.gov/sportsinjuries.html>] . You can dislocate your ankles, knees, shoulders [<https://medlineplus.gov/dislocatedshoulder.html>] , hips, elbows and jaw. You can also dislocate your finger and toe joints. Dislocated joints often are swollen, very painful and visibly out of place. You may not be able to move it.

A dislocated joint is an emergency. If you have one, seek medical attention. Treatment depends on which joint you dislocate and the severity of the injury. It might include manipulations to reposition your bones, medicine, a splint or sling, and rehabilitation. When properly repositioned, a joint will usually function and move normally again in a few weeks. Once you dislocate a shoulder or kneecap, you are more likely to dislocate it again. Wearing protective gear during sports may help prevent dislocations.

Diagnosis and Tests

- Bone X-Ray [<https://www.radiologyinfo.org/en/info/bonerad>]
 (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/bonerad>]

Treatments and Therapies

- Dislocation: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-dislocation/basics/ART-20056693?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-dislocation/basics/art-20056693?p=1>]

Related Issues

- Shoulder Instability [<https://familydoctor.org/condition/shoulder-instability/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/inestabilidad-del-hombro-es/?adfree=true>]

Specifics

- Jaw Dislocation [<https://www.merckmanuals.com/home/mouth-and-dental-disorders/urgent-dental-problems/jaw-dislocation>]
(Merck & Co., Inc.)
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/trastornos-baginales-y-dentales/urgencias-dentales/luxaci%C3%B3n-de-la-mand%C3%A9bula>]

Images

- Creating a sling - series [https://medlineplus.gov/ency/presentations/100137_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100137_1.htm]

Clinical Trials

- ClinicalTrials.gov: Dislocations [<https://clinicaltrials.gov/search?cond=%22Dislocations%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Surgical management strategies for atlantoaxial instability/dislocation in down syndrome. [https://www.ncbi.nlm.nih.gov/pubmed/40745318]
- Article: The efficacy of anterior repositioning splints in the management of temporomandibular... [https://www.ncbi.nlm.nih.gov/pubmed/40721772]
- Article: Clinical efficacy comparison of Mazor X robot-assisted and traditional freehand techniques... [https://www.ncbi.nlm.nih.gov/pubmed/40717067]
- Dislocations -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Joint+Dislocations%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+]

Find an Expert

- National Institute of Arthritis and Musculoskeletal and Skin Diseases [https://www.niams.nih.gov/] 
Also in Spanish [https://www.niams.nih.gov/es/portal-en-espanol]

Children

- Developmental Dislocation (Dysplasia) of the Hip (DDH) [https://orthoinfo.aaos.org/en/diseases--conditions/developmental-dislocation-dysplasia-of-the-hip-ddh/] (American Academy of Orthopaedic Surgeons)

Patient Handouts

- Dislocated shoulder - aftercare [https://medlineplus.gov/ency/patientinstructions/000524.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000524.htm]
- Dislocation [https://medlineplus.gov/ency/article/000014.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000014.htm]
- Kneecap dislocation [https://medlineplus.gov/ency/article/001070.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/001070.htm]
- Kneecap dislocation - aftercare [https://medlineplus.gov/ency/patientinstructions/000585.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000585.htm]
- Nursemaid's elbow [https://medlineplus.gov/ency/article/000983.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000983.htm]



MEDICAL ENCYCLOPEDIA

Broken or dislocated jaw [https://medlineplus.gov/ency/article/000019.htm]

Dislocated shoulder - aftercare [<https://medlineplus.gov/ency/patientinstructions/000524.htm>]

Dislocation [<https://medlineplus.gov/ency/article/000014.htm>]

How to make a sling [<https://medlineplus.gov/ency/article/000017.htm>]

Kneecap dislocation [<https://medlineplus.gov/ency/article/001070.htm>]

Kneecap dislocation - aftercare [<https://medlineplus.gov/ency/patientinstructions/000585.htm>]

Nursemaid's elbow [<https://medlineplus.gov/ency/article/000983.htm>]

Related Health Topics

Dislocated Shoulder [<https://medlineplus.gov/dislocatedshoulder.html>]

Sports Injuries [<https://medlineplus.gov/sportsinjuries.html>]

Sprains and Strains [<https://medlineplus.gov/sprainsandstrains.html>]

National Institutes of Health

The primary NIH organization for research on *Dislocations* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/dislocations.html>] on *Dislocations*

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