

Dislocation of joint by

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Joint dislocation: May be defined as a complete separation of an articular surface. It occurs when bones in a joint become displaced or misaligned.

It is often caused by a sudden impact to the joint.

A **subluxation** is a partial dislocation or incomplete dislocation of an articular surface.

Sprain and strain: sprain is the injury to the ligaments and capsule of a joint and strain is the injury to the muscle or tendon.

Types of dislocation

Congenital

Acquired

- Traumatic
- Pathological e.g. TB hip Septic Arthritis
- Paralytic e.g. Poliomyelitis,
- Inflammatory disorders-rheumatoid arthritis

Deformities in dislocation:

Shoulder- abduction deformities

Elbow- flexion deformities

Hip: Anterior- flexion abduction and internal rotation deformities.

Posterior- flexion, adduction and internal rotation deformity

Knee-flexion deformity

Ankle-varus deformity

The causes

Trauma

Arthritis

inflammation of joints.

Sports, (football cricket,volleyball)

weakening of muscles and tendons

Common Sites of dislocation :

- Shoulder joint
- Hip joint
- Fingers joint
- Knee joint
- elbow joint
- ankle joint
- Small joints (finger, thumb or toe)

Sign & symptoms

- Swelling
- Deformed look
- Tenderness
- Loss of motion
- Pain during movement
- Numbness around the area
- Tingling feeling

Management of dislocation

Imaging

- Manipulation or repositioning

Immobilization after open reduction or internal fixation

If shoulder dislocation, the arm should be fasten to the chest with a body bandage minimum period of three weeks.

- Surgery
- Medication
- Rehabilitation

If shoulder dislocation: After Treatment

The patient is put on surface traction for three weeks

Full weight bearing is permitted after 6 weeks

Complication

- Acute: Injury to peripheral nerve and vessels
- Chronic: Unreduced dislocation
- Recurrent dislocation
- Traumatic osteoarthritis
- Joint stiffness
- Avascular necrosis
- Myositis
- Ossification