How To Set Dislocated Joints

A joint dislocation can be one of the most painful injuries if not reset in a timely manner. Dislocation is the result of a traumatic injury, caused by extreme forces that stretch muscles, ligaments, and tendons. Sport injuries and vehicle accidents are prime causes of dislocations.

Fortunately, if you were in an emergency situation with no medical staff around, you can set them back yourself. I have found 4 great articles showing you how to reset the shoulder, knee, hip, elbow

How To Set Dislocated Joints: Shoulder / Hip / Knee / Elbow

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