

Acromioclavicular Separation

What is it?

A separation of the ligaments that connect the clavicle (collar bone) to the shoulder bones (acromion process)

What causes it?

Upper extremity strength training. Fall onto the point of the shoulder. Fall onto outstretched hand. Direct blow to the shoulder.

Symptoms

Pain, tenderness and swelling at the AC joint. Deformity of the injured joint. Pain or discomfort during cross-body adduction (turning the injured arm inward toward the opposite shoulder)

Top Tips

Immobilise and ice as soon as possible. Seek medical advice.

How to Treat it

Immobilisation of injured arm with a sling. Ice, rest, anti-inflammatories and analgesics.



Rehab

Healing usually 6-8 weeks, followed by range of motion, strengthening and stability exercises for the shoulder and upper back. Use of padding around the AC joint, particularly in contact sports, to prevent re-injury

Definitions

Ligment – a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages. Holds a joint together.

Analgesics – painkillers

Associated Conditions

- Shoulder Subluxation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

Get Help Now

Products

Purchase sports injury products from Physique - [supports](#) or [braces](#), [ice](#), [resistance bands](#)

10% DISCOUNT WITH CODE:
BODYMECHANICS

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

BOOK NOW