

Sternoclavicular Separation

What is it?

When a ligament connecting the collar bone/clavicle to the breastbone/sternum is torn. The separation may occur anteriorly or posteriorly (in front or behind the breastbone).

What causes it?

Rotation at the joint, when the shoulder forcefully strikes something like the ground or another player, in a contact sport. Direct blow to the sternum. Fall onto the shoulder or outstretched hands.

Symptoms

Pain, swelling and tenderness over the sternoclavicular joint. Abnormal movement between the breastbone and the collar bone. Possible displacement of the collar bone in front of or behind the breastbone.

Top Tips

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

How to Treat it

Reduction of the joint where needed, immobilisation in a sling. RICER.



Rehab

Depending on severity, surgery may be required. Range of motion exercises to help restore movement and rotational ability.

Definitions

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

Analgesics – painkillers

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular 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)

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