

Acromioclavicular (ACJ) Sprain

Patient Information

Trauma & Orthopaedics



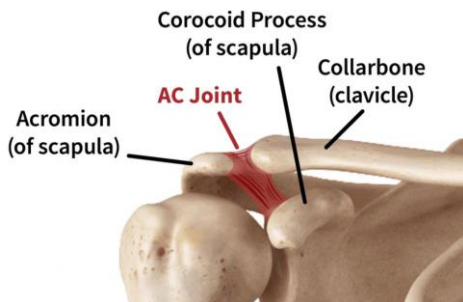
The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

You have had an overstretching or small tear in the ligament that attaches your collarbone to the tip of your shoulder blade (scapula). This injury is common, and your shoulder is stable. No surgery is needed.



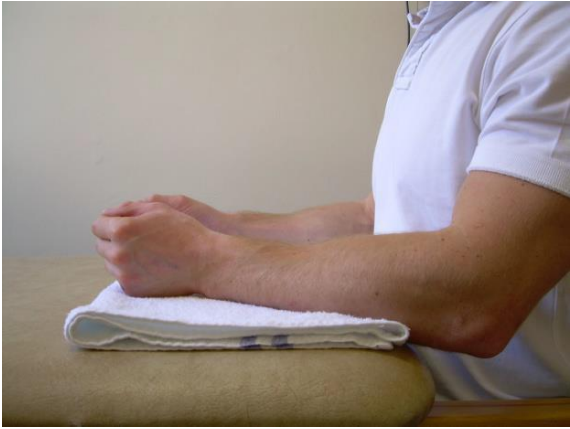
Injury recovery (Day 1 to 3)


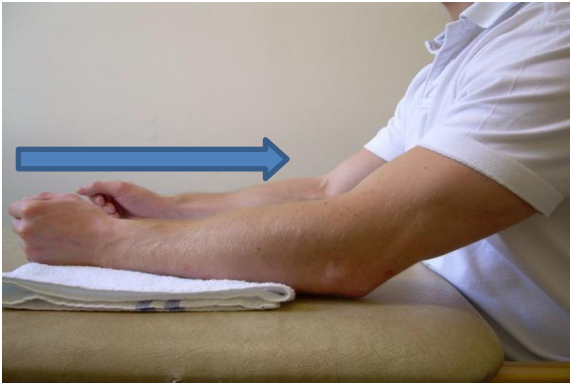
- Protect by wearing sling as pain dictates, this will take the strain off your shoulder for the first few days
- Partial rest is recommended for the first few days, but you should move your elbow and wrist to avoid stiffness
- A bag of ice/frozen peas wrapped in a damp tea towel can be applied for 5-10 minutes every 2 hours to help reduce pain and swelling*
- Start to exercise the shoulder as soon as you can to prevent stiffness

***Warning:** risk of ice burn, do not leave ice on for longer than instructed OR if skin sensation is compromised.

Exercise

Aim to get the shoulder moving and stop using the sling. Get back to a normal routine as soon as pain allows. Maybe start with the Table slides exercise below. For severe sprains you will be advised to see a Physiotherapist.

Table Slides	
 A photograph showing a person's hands and forearms resting on a folded white towel on a table. The person is wearing a white polo shirt. The hands are positioned with palms facing each other, and the forearms are resting on the towel. This is the starting position for the Table Slides exercise.	<ul style="list-style-type: none">• Sit at a table or stand at the kitchen work top• Rest your hands on a towel (with your palms facing inwards)

	<ul style="list-style-type: none"> • Watching your elbow crease, slide the towel forwards with both hands • Only go forwards whilst your elbow is moving • Pause
	<ul style="list-style-type: none"> • Return by sliding your elbows and hands back, watching the crease • As you feel more comfortable, when you pull your elbows back towards you, you can lean your body forwards over your elbows. This will help them bend further

Risks

You may be left with a permanent pain-free lump on top of your shoulder. This is a common side effect of this injury but should not affect your daily activities.

Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in selecting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist before beginning any exercises in this leaflet.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of reference; they can be modified and progressed under the supervision of your Physiotherapist.

Frequently asked questions

Driving

You must not drive with a sling on. It is your own responsibility. You are allowed to drive when:

- You can safely control the car
- You can use the steering wheel/gear stick safely
- You can perform an emergency stop

Work

This depends on your individual situation. You can return to work when you feel able to do your job. Consider a phased return where needed / possible.

Sports

You should not play sport until pain-free and have full movement in your shoulder.

Further Advice

If you have any concerns regarding your shoulder, contact:

Fracture Clinic Helpline: 01942 822595

Please leave a message with name, telephone number and brief description of reason for call. We will aim to call you back within 24hours Monday to Friday 8.30am until 5pm (please note it will be Monday if you call over the weekend).

If you have any urgent concerns out of hours, please call 111.

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

<https://www.wvl.nhs.uk/adult-msk-physiotherapy-self-referral>



Please scan the QR Code to access the website.

Telephone Numbers:

Boston House Health Centre Telephone 03007071113

Leigh Infirmary Telephone 03007071597 / 03007071595

Platt Bridge Health Centre Telephone 03007071772

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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