



Acromio clavicular joint (ACJ) injuries: discharge advice

You have injured the ligaments holding the clavicle (collar bone) to the shoulder bone. This leaflet explains how to best care for your clavicle and shoulder while it heals.

- You have injured the ligaments holding the clavicle (collar bone) to the shoulder bone.
- This may result in you having a swelling or bump or a significant protuberance at the end of your collar bone if the ACJ was dislocated.
- The pain and tenderness you are experiencing in this area will gradually settle over a period of several weeks.
- During this time, you may find lifting your shoulder and reaching to the back of your head uncomfortable but it is perfectly safe to try.
- You may be provided with a sling for support. This is only to help with the pain and will not have **any** effect on the speed of recovery or position of the bones.
- You may use the shoulder as much as pain allows and should gradually discard the support over 1-3 weeks as the pain settles. Although it can tinge for up to 3 months.
- See overleaf for basic shoulder exercises.
- Most injuries heal without any problems – however, it may take several months for your symptoms to settle completely and any visible bump may remain.
- Occasionally, the injury may fail to settle even after several months.
- If you are still experiencing significant symptoms such as pain, sense of instability, reduced strength or loss of confidence in the shoulder after several months then please phone the Fracture Clinic helpline as listed below for further advice.



If you have any worries or concerns following discharge from hospital, please contact: **Fracture Clinic on 0118 322 6567 (12-5pm, Monday to Friday) or mobile: 07554 330 369.**

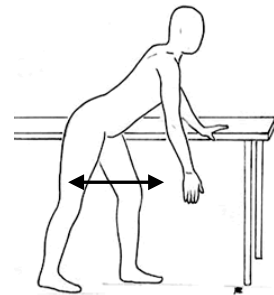
Shoulder injury exercises

To overcome stiffness in your shoulder, do the exercises below.

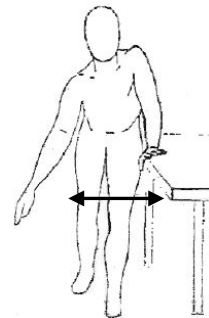
Remember:

- Remove brace / splint / sling* before exercising. (*Staff to delete as appropriate.)
- Exercise as the pain allows – **do not continue if it is too painful!**
- Complete five of each exercise.
- As the exercises become easier, build up to completing three times a day.

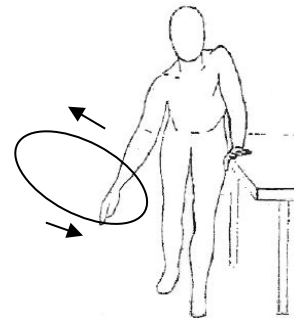
1. Lean forwards in a steady, supporting position. Swing your arm forward and backwards, slowly like a pendulum.



2. Then swing your arm across your body and out to the side slowly.



3. Complete by swinging your arm in a circular motion.



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Please ask if you need this information in another language or format.

RBFT Orthopaedic Unit, January 2024. Next review due: January 2026

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