

**Cycle 6- Hives and Shoulder
2606 - Understanding AC Joint Separation
SCRIPT**

(1)

DANIEL ACEVEDO, MD:

AC stands for acromioclavicular. So our scapula or shoulder blade has a process on the top of the shoulder known as the acromion. And you can feel it right here on the top. The clavicle which is our collar bone comes and it meets the acromion and it forms a little joint. You can get pain in the AC joint from arthritis. You can get a shoulder separation. A lot of football players hit the ground and then their clavicle pops up and that's called an AC separation. And those are the main ways to injure the AC joint.

(2)

RON NAVARRO, MD:

Patients will sometimes say, when I grab the seatbelt it hurts a lot more. Because you're bringing the arm around it's essentially compressing that joint more. So a cross-arm type activity leads to a lot of pain.

(3)

DANIEL ACEVEDO, MD:

If you have a shoulder separation, which is what most people know it as, we call it an acromioclavicular separation, where the clavicle right here actually separates from the acromion. That won't go back together on its own.

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