

Cycle 6- Hives and Shoulder
2607 - Treatment for AC Joint Separation
SCRIPT

(1)

DANIEL ACEVEDO, MD

Usually if someone tears the AC joint, meaning this joint here, they actually have to tear a couple of ligaments right here. These are the coracoclavicular ligaments. They attach from the coracoid to the clavicle. And they hold the clavicle down. So if they rip the AC joint and rip these ligaments, the clavicle's going to fly up.

(2)

RON NAVARRO, MD

AC separation, that's the third degree where the two surfaces are no longer connecting, they're 100% away from one another, that can be tolerated fairly well without operation. Many patients walk around for the rest of their life. They have a little bump, so it's a cosmetic issue, but it doesn't lead to a lot of functional deficit for most people.

TEXT ON SCREEN:

AC separation is a traumatic injury. Many patients will recover well without surgical treatment. More severe grades may require surgical repair or reconstruction.

(3)

DANIEL ACEVEDO, MD

So a lot of patients, depending on the grade of the injury, are surgical candidates and we do repair the AC joint to restore the mechanics of the shoulder.

That type of surgery has a pretty quick rehabilitation. And patients can go back to most things by six weeks or so. If you actually separate the AC joint, that's usually traumatic sports injuries. And they need a reconstruction with-- a ligament reconstruction. That can be pretty lengthy, maybe along the lines of three to four months with extensive physical therapy. So it really depends on the nature of the AC surgery.

###