

GP Information Sheet

Acromio-Clavicular Joint (ACJ) Sprain

Dear Doctor

Your patient has recently been referred to the Ipswich Hospital Fracture clinic.

They have sustained an acromio-clavicular joint sprain of the shoulder.

Treatment:

This type of injury is treated with a broad-arm sling for 2 weeks.

The sling may be removed at the 2-week mark. They should start gentle range-of-motion exercises as pain allows. The patient should be reviewed in 6 weeks only if they are experiencing significant pain.

Contact sports and activities should be avoided for a total of 6 - 12 weeks.

When to repeat X-Ray:

Acromio-clavicular joint sprains do not require repeat x-rays unless the patient is exquisitely tender over the ACJ at the 6-week mark.

Help and Troubleshooting:

We are happy to be contacted should you have any concerns.

For assistance, please call the Ipswich Hospital On-Call Orthopaedic Registrar on (07) 3810 2006