

# ACROMIO-CLAVICULAR JOINT (ACJ) SPRAIN

This information leaflet is designed to provide general information and education on your acromio-clavicular joint (ACJ) (Shoulder) sprain.

If you are ever unsure about the information or advice you have received please either:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

## General Information

- You have sustained a sprain of the acromio-clavicular joint (ACJ) (Shoulder).
- This is a very common injury and generally heals very well.
- The pain and tenderness in your ACJ should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

## Management

- Your acromio-clavicular joint (ACJ) sprain will be managed in a broad-arm sling.
- The sling should be worn for 2 weeks. You do not need to wear the sling to bed.
- After 2 weeks you can take the sling off.
- You should gradually return to full activities over the 4 weeks after you take the sling off. It can take up to 12 weeks to fully recover.
- This type of injury does not need repeat x-rays, unless you are experiencing significant pain at the 6 week mark.

## Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584).

## Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217