

Acromioclavicular (Ac) Joint Reconstruction

What Is An Acromioclavicular (Ac) Joint?

The Acromioclavicular (AC) joint is located at the top of the shoulder, where the acromion (part of the shoulder blade) meets the clavicle (collarbone). It plays a crucial role in shoulder movement and stability, especially during overhead activities like reaching and throwing.

How Will I Know If I Have An Ac Joint Injury?

AC joint injuries commonly occur due to trauma, such as a fall onto the shoulder or a direct blow to the area.

Symptoms of an AC joint injury include:

- Pain and tenderness over the AC joint.
- Swelling and bruising around the shoulder.
- Limited range of motion, especially when lifting the arm.
- A noticeable bump or deformity at the top of the shoulder.

How Can An Ac Joint Dislocation Or Injury Be Treated?

Treatment for AC joint injuries depends on the severity of the injury and the patient's specific circumstances. Initial management may involve rest, ice, pain medications, and physical therapy to reduce pain and inflammation while restoring shoulder function.

What Does Ac Joint Surgery Involve?

AC joint surgery aims to reconstruct or stabilise the joint, restoring its function and relieving pain. Common surgical procedures for AC joint injuries include:

- AC joint repair: This involves reattaching torn ligaments or suturing the joint capsule to stabilise the joint.
- AC joint reconstruction: In cases of severe ligament damage or chronic instability, reconstruction surgery may be performed using various techniques, such as using grafts to reinforce the joint or using implants to support the clavicle and acromion.
- AC joint resection: In some cases, particularly when arthritis develops in the AC joint, a portion of the joint may be removed to alleviate pain and improve shoulder function.