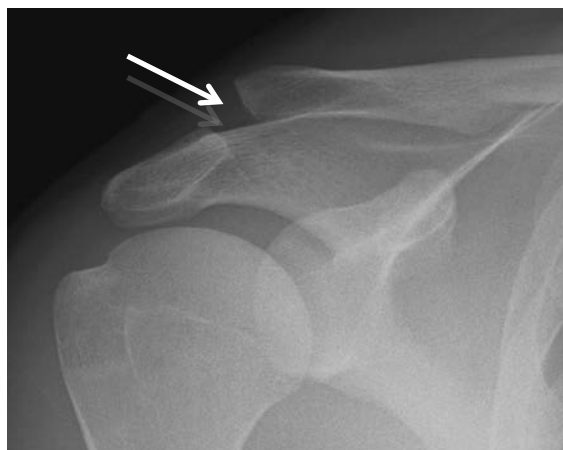


Acromio Clavicular Joint (ACJ) injuries

- You have injured the ligaments holding the clavicle (collar bone) to the shoulder bone.
- This may result in you having a swelling or bump or a significant protuberance at the end of your collar bone if the ACJ was dislocated.
- The pain and tenderness you are experiencing in this area will gradually settle over a period of several weeks.
- During this time, you may find lifting your shoulder and reaching to the back of your head uncomfortable but it is perfectly safe to try.
- You may be provided with a sling for support. This is only to help with the pain and will not have any effect on the speed of recovery or position of the bones.
- You may use the shoulder as much as pain allows and should gradually discard the support over 1-3 weeks as the pain settles.
- Most injuries heal without any problems – however, it may take several months for your symptoms to settle completely and any visible bump may remain.
- Occasionally, the injury may fail to settle even after several months.
- If you are still experiencing significant symptoms such as pain, sense of instability, reduced strength or loss of confidence in the shoulder after several months then please phone the fracture clinic helpline as listed below for further advice.



If you have any worries or concerns following discharge from hospital, please contact: Virtual Fracture Clinic on **0118 322 6567 (12.00-5.00pm, Monday to Friday)** or mobile: **07554 330 369**.

More information about the Trust can be found on our website www.royalberkshire.nhs.uk