

# Discharge advice for an Acromioclavicular Joint (AC-J) injury



**Issued by the orthopaedic department**

You have injured a joint at the end of your collarbone. The majority of these injuries are treated with a shoulder sling. The eventual recovery with this treatment is usually very good, though you may notice a 'bump' at the point of your shoulder.

## **We would like to see you again in clinic**

An orthopaedic trauma consultant (a doctor who specialises in fractures) has reviewed your x-rays and you should now have received an appointment to attend the fracture clinic.

At the clinic your injury will be reviewed by an orthopaedic surgeon and we will advise on any further care needed, such as x-rays and the duration for which the splint will need to be worn.

In some cases, an operation may be required. If so, we will discuss this with you further at the clinic.

## **Shoulder sling**

The sling will help support the weight of your arm and allow the injured ligament(s) to heal.

It is recommended that you exercise your hand and wrist and shoulder. Be guided by the level of discomfort you feel.

We suggest you remove your sling twice daily and gently bend and straighten your elbow while supporting the weight of your arm.

These movements help reduce hand swelling and prevent stiffness of the joints in your upper limb.

## **Painkillers**

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

## When can I return to regular activities?

It may take up to six weeks before you can return to regular activities. This may be longer if your work involves strenuous use of your upper limb.

## Fracture clinic review

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

**Monday - Friday, 9am - 3:30pm 01670 529431**

## After hours and weekends, if you need urgent advice contact:

**Wansbeck General Hospital 01670 529884**

**North Tyneside Hospital 0191 2932515**

**Northumbria Specialist  
Emergency Care Hospital 0191 6072100**

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



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