

HEALTH & FITNESS

The Newsletter About Health and Caring For your Body

www.peakphysicaltherapy.net

AC Joint Shoulder Sprain



A "sprain" involves the body's ligaments. It is when they get over stretched or are torn. One of the most common sprains of the shoulder involves the acromioclavicular joint or better known as the AC Joint. Injury to this ligament often occurs from falling on an outstretched arm or from falling on the point of the shoulder. The force of falling on an outstretched arm jams the head of the humerus up into the collar bone spraining the ligament whereas falling on the point of the shoulder forces the collar bone down tearing the ligament. The severity of the sprain can vary, from a slight stretching of the ligament to a complete tear. In severe sprains or complete tears, the end of the collar bone will become visibly displaced (see photo to the right). Treatment can be conservative, involving use of a sling for a short period and then restoring motion and strength. Surgery isn't often used unless there are consistent problems. There are some braces and taping techniques that can be used to help with joint stability.



Common Symptoms

- Pain
- Point tenderness over top of shoulder
- Elevated collar bone
 - (piano key sign)
- Decreased motion and strength

SUCCESS STORY

I have a far greater range of motion and much less pain than when I started. I am much stronger in my hands, shoulder and back. I appreciate all who have helped me so I can remain independent in my house and yard.
 ~Opal Ward

Goals of Physical Therapy

- Decrease Pain/Inflammation
- Restore Motion
- Increase shoulder strength and stability
- Increase postural strength
- Increase sport or activity specific strength

If you or someone you know is suffering with pain, call us to learn how **PEAK PHYSICAL THERAPY** can help!

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