

Case Presentation

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Life In Motion

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Case Presentation

- 17M WR/CB injured right shoulder while being tackled
 - c/o right shoulder pain
 - Had to be helped off the field
 - Might have heard/felt a “crack”
 - No history of prior injury
 - Older brother dislocated his shoulder when he was in HS
 - Thoughts?

17M WR with right shoulder pain



- Painful at rest and with ROM
- Able to lift his arm up and move it around
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- No palpable clavicle deformity

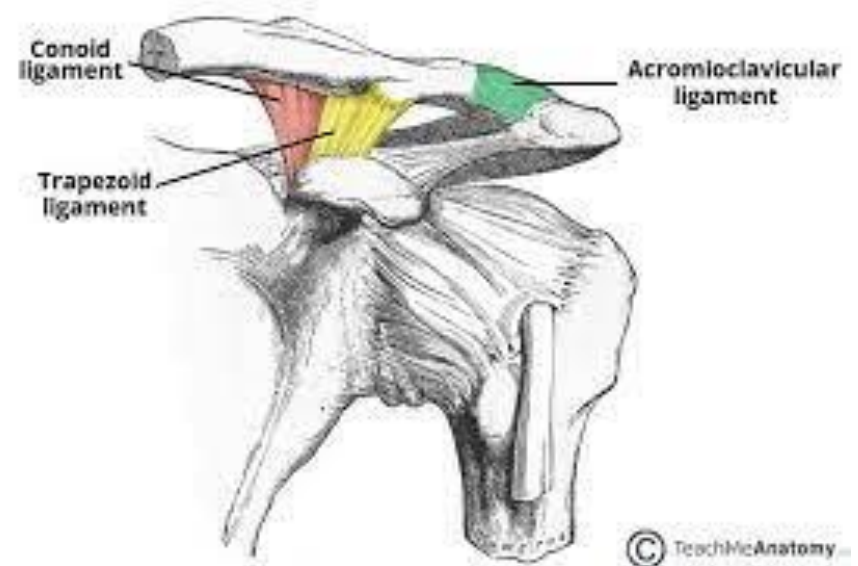
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- + tender AC joint
- Pain with X-arm maneuver

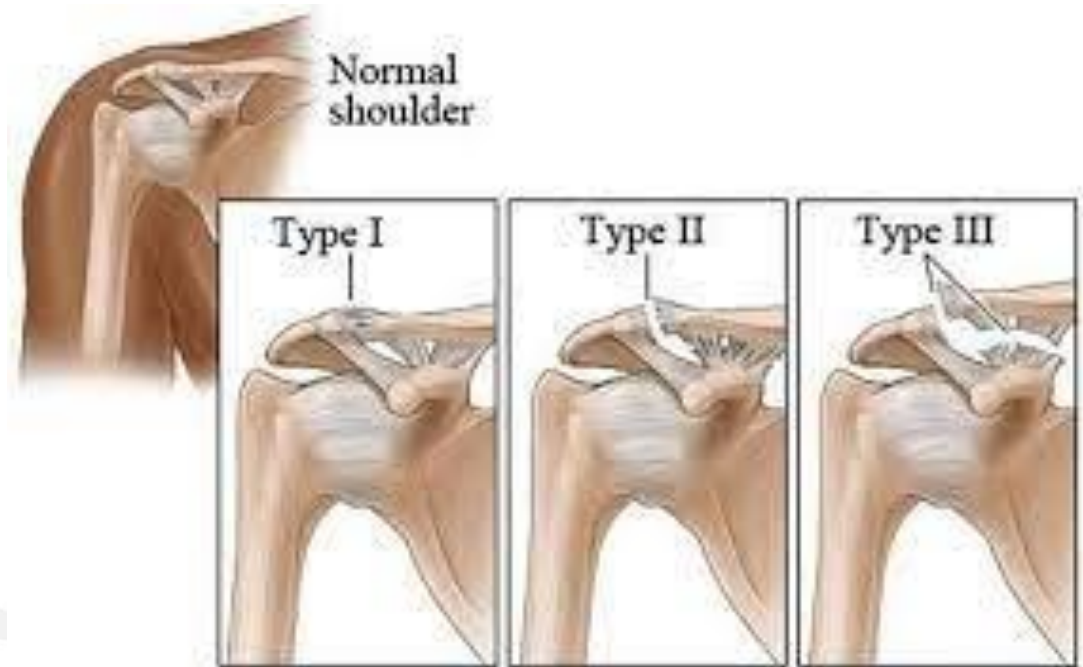
AC Separation

- aka “Separated Shoulder”
- Injury to acromioclavicular joint
- AC ligament
- +/- Coracoclavicular ligaments



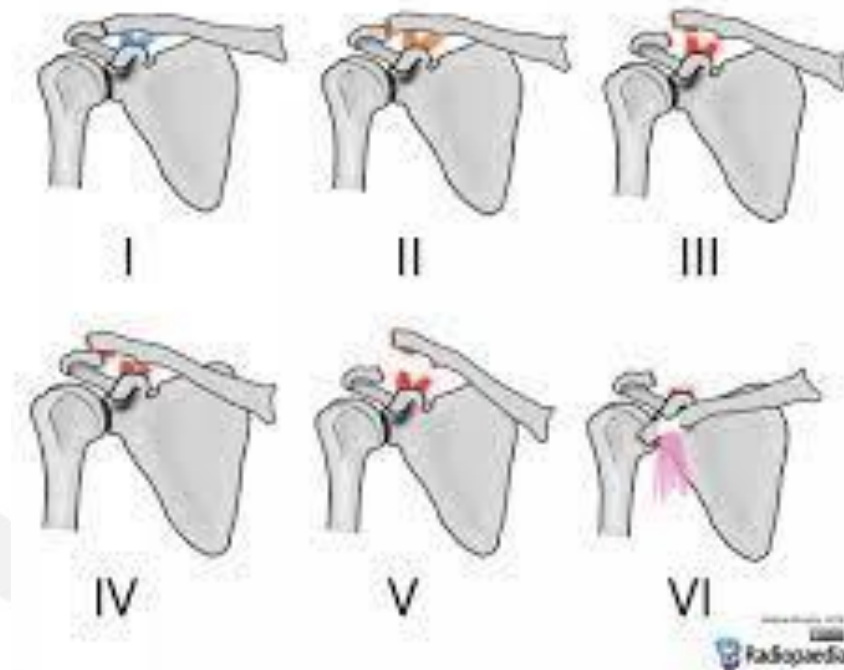
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AC separation

Rockwood classification of acromioclavicular joint injury



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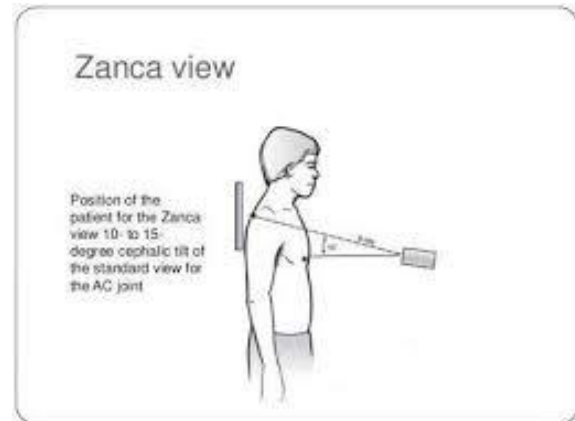
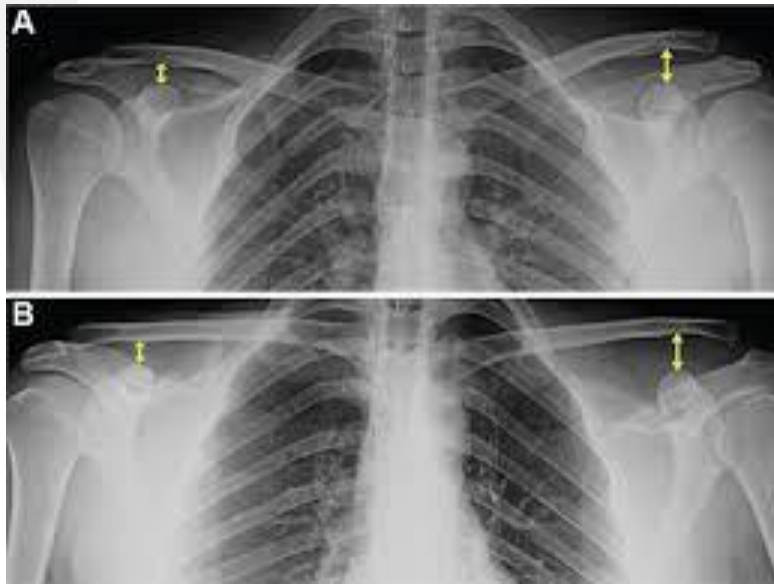
AC separation



AC separation



- Contra lateral views
- Zanca view
 - AP 10 degree cephalic tilt
 - Better view of AC joint



AC separation: Treatment

- Management based on grade of injury
- Non-op, sling, PT

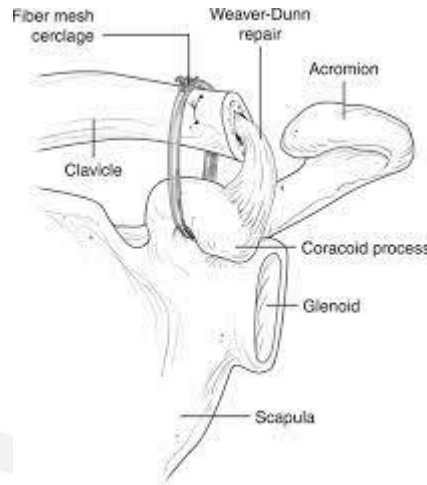
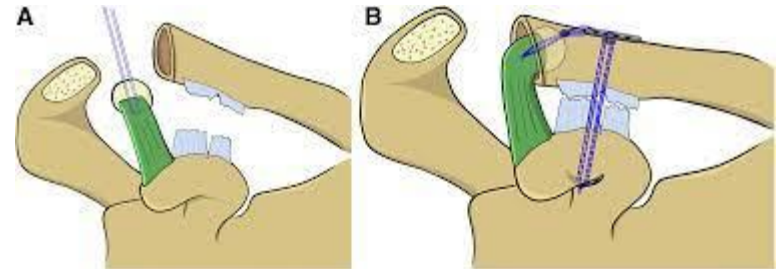
VS

- AC/CC ligament repair/reconstruction
- Most AC separations treated conservatively

- Grade I, II
 - Non op
 - Possible Early RTP
- Grade IV, V, VI
 - Operative repair/recon
 - Some Grade V can be tx'd non op
- Grade III
 - Controversial
 - Usually non op but some literature support surgery in throwers and laborers

AC Separation: Treatment

- Surgical treatment = CC repair/reconstruction
- “Weaver Dunn” procedure
- **Many** different techniques



AC Reconstruction



AC separation

- What if in the locker room we suspect a Grade I/II AC separation?

AC separation

- What if in the locker room we suspect a Grade I/II AC separation?
 - Return to play?

AC separation

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 - Injection?

AC separation

- What if in the locker room we suspect a Grade I/II AC separation?
 - Return to play?
 - Injection?
 - Padding or protection ideas?

AC injury, game management



AC Separation



- Jan 2, 1994
- 32 rushes 168 yds
- 10 receptions 61 yds

- 229yds, 78yds after AC injury
- Surgery 1 mos later

A large, light gray, stylized graphic of a person with their arms raised in a 'V' shape, positioned on the left side of the slide. The figure is composed of simple, curved lines. The background features a blue header bar at the top and a blue footer bar at the bottom, with the footer bar divided into three segments of different shades of blue.

THANK YOU!