

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Shoulder sprain (acromio-clavicular joint)



What is a shoulder sprain?

You have sustained a sprain of your shoulder. The acromioclavicular joint (ACJ) sits between the top of the shoulder blade and the far end of the clavicle. The ligaments and muscles holding the clavicle to the shoulder blade have been injured. A sling will help support your arm in a comfortable position for a few days.

Swelling and bruising at the fracture site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

You should:

- Start using your arm within the limits of your pain, particularly hand, wrist and elbow.
- Take pain relief as needed to keep the shoulder moving gently.

You should not:

- Drive or cycle whilst wearing the sling.
- Take part in any physical contact sports for 8-12 weeks as guided by your consultant.
- Miss your appointment with the shoulder specialist if scheduled.

At your appointment, the shoulder may be x-rayed again. The consultant will then discuss further options for managing your injury at this appointment.

Approximately 80% of patients get better without an operation, especially if no overhead or manual activities are required for their jobs or hobbies.

Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

If you develop any issues or have concerns/questions we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.