

Ac Joint Physical Therapy

AC Joint Physical Therapy: A Comprehensive Guide to Recovery and Rehabilitation

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Introduction:

The acromioclavicular (AC) joint, located where the collarbone (clavicle) meets the shoulder blade (scapula), is frequently injured, particularly in contact sports and from falls. AC joint physical therapy plays a crucial role in managing pain, restoring function, and preventing long-term complications following an AC joint injury. This comprehensive guide explores various aspects of AC joint physical therapy, from initial assessment to advanced rehabilitation techniques. Understanding the intricacies of AC joint physical therapy is vital for both healthcare professionals and individuals seeking relief from AC joint pain.

Understanding AC Joint Injuries:

AC joint injuries range from mild sprains to severe separations, graded from I to VI based on the severity of ligament damage and joint displacement. The type of injury dictates the approach to ac joint physical therapy. Mild sprains may only require conservative management, including rest, ice, and pain management, while severe separations might necessitate surgical intervention followed by a rigorous ac joint physical therapy program. Accurate diagnosis is crucial for effective ac joint physical therapy. Imaging studies, such as X-rays, are usually required to confirm the diagnosis and assess the extent of the injury.

Phase 1: Initial Management & Pain Control (Acute Phase):

The initial phase of ac joint physical therapy focuses on managing pain and inflammation. This often involves:

PRICE Principle: Protection, Rest, Ice, Compression, Elevation. Limiting activities that aggravate the joint is vital.

Pain Management: Modalities like ice, ultrasound, electrical stimulation, and iontophoresis can be employed to reduce pain and inflammation. Medication, such as non-steroidal anti-inflammatory drugs (NSAIDs), may also be prescribed.

Range of Motion Exercises: Gentle, pain-free range of motion exercises are initiated to prevent stiffness and maintain joint mobility. These exercises are carefully chosen to avoid stressing the injured AC joint.

Phase 2: Restoring Range of Motion & Strengthening (Sub-acute Phase):

Once the acute inflammation subsides, the focus shifts to restoring full range of motion and strengthening the surrounding muscles. This phase of ac joint physical therapy includes:

Pendulum Exercises: Gentle swinging motions of the arm help improve range of motion without directly stressing the AC joint.

Isometric Exercises: These exercises involve muscle contractions without movement, helping strengthen muscles without putting strain on the joint.

Progressive Range of Motion Exercises: Gradually increasing the range of motion exercises as pain allows.

Scapular Stabilization Exercises: Strengthening the muscles that stabilize the scapula (shoulder blade) is crucial for proper shoulder mechanics and reducing stress on the AC joint.

Phase 3: Functional Strengthening & Return to Activity (Chronic Phase):

The final phase of ac joint physical therapy emphasizes functional strengthening and a gradual return to normal activities. This involves:

Progressive Resistance Exercises: Using resistance bands or weights to progressively strengthen the shoulder muscles.

Proprioceptive Training: Exercises to improve balance and coordination, essential for returning to activities that require dynamic movement.

Functional Activities: Gradually incorporating activities that mimic daily tasks and sports-specific movements.

Return to Sport: A phased return to sport is crucial, gradually increasing the intensity and duration of activity as tolerated. This is closely monitored by the physical therapist to avoid re-injury.

Specific Exercises in AC Joint Physical Therapy:

Numerous exercises are used in ac joint physical therapy, tailored to the individual's specific needs and injury stage. These may include:

Scapular retractions: Strengthening the muscles that pull the shoulder blades together.

Shoulder shrugs: Strengthening the trapezius muscles.

Wall slides: Improving shoulder blade movement and stability.

Rows: Strengthening the back muscles that support the shoulder girdle.

External and internal rotation exercises: Improving shoulder rotation and mobility.

The Role of Manual Therapy in AC Joint Physical Therapy:

Manual therapy techniques, performed by skilled physical therapists, can play a significant role in ac joint physical therapy. These may include:

Soft tissue mobilization: Addressing muscle tightness and restrictions around the shoulder girdle.

Joint mobilization: Gentle joint movements to restore joint mobility and reduce pain.

Acupressure: Stimulating specific points to reduce pain and inflammation.

Importance of Patient Education in AC Joint Physical Therapy:

Patient education is a cornerstone of successful ac joint physical therapy. Patients need to understand their injury, the treatment plan, and the importance of adherence to the prescribed exercises and activity modifications. This empowers them to actively participate in their recovery and prevents re-injury.

Conclusion:

AC joint physical therapy offers a comprehensive and effective approach to managing AC joint injuries. A tailored program, encompassing pain management, range of motion restoration, strengthening, and functional rehabilitation, is crucial for optimal recovery and a successful return to activity. Close collaboration between the patient, physician, and physical therapist ensures the best possible outcomes. The success of ac joint physical therapy hinges on early intervention, accurate diagnosis, adherence to the treatment plan, and patient education.

FAQs:

How long does AC joint physical therapy take? The duration varies depending on the severity of the injury and individual response to treatment, ranging from several weeks to several months.

What are the common signs and symptoms of an AC joint injury? Pain in the shoulder, particularly with movement, swelling, bruising, tenderness to the touch over the AC joint, and limited range of motion.

Can I return to sports after an AC joint injury? Yes, with appropriate rehabilitation and a gradual return to activity under the guidance of a physical therapist.

What are the potential complications of an untreated AC joint injury? Chronic pain, limited range of motion, instability, and development of arthritis.

Is surgery always necessary for an AC joint separation? No, surgery is usually reserved for severe separations (grades IV-VI). Many injuries can be successfully treated with conservative management including ac joint physical therapy.

How can I prevent AC joint injuries? Maintaining good shoulder strength and stability through regular exercise, proper warm-up before activity, and avoiding activities that put excessive stress on the shoulder.

What type of exercises should I avoid after an AC joint injury? Exercises that cause significant pain or increase the symptoms. Your physical therapist will guide you on appropriate exercises.

How often should I attend physical therapy sessions for AC joint injury? The frequency of sessions is determined by your physical therapist based on your individual needs and progress.

Will I need to use crutches after an AC joint injury? This depends on the severity of the injury. Crutches may be necessary initially for severe injuries to limit weight-bearing on the affected shoulder.

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further explore this promising and quickly evolving field.

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authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

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â€¢â€¢â€¢ac joint physical therapy: Fundamental Orthopedic Management for the Physical Therapist Assistant - E-Book Robert C. Manske, 2021-07-15 - NEW! Updated content and references are added throughout the book to reflect changes in practice patterns. - NEW! Expanded full-color illustrations add clarity to anatomy and procedural drawings and make it easier to learn important concepts - NEW! Updated chapter summaries highlight essential, need-to-know information. - NEW! Updated educator and student resources on the Evolve website provide tools to make teaching and learning easier.

â€¢â€¢â€¢ac joint physical therapy: Treat Your Own Rotator Cuff Jim Johnson, 2006 Treat your own rotator cuff? Who needs to worry about that? According to the medical research, a lot of people. The rotator cuff, a group of four, flat tendons that connect to the critical muscles that stabilize your shoulder, can cause a lot more problems than you might think. Consider a few of these statistics from the published literature: .It's simply just a matter of time until the majority of shoulders get a rotator cuff tear. According to Magnetic Resonance Imaging (MRI) scans, approximately 4% of people under forty years of age have a torn rotator cuff. After age sixty, however, 54% of people have one (Sher 1995). .Once the rotator cuff gets torn, it doesn't look good either. One study followed a group of patients with tears in their rotator cuffs and found that 80% of the them went on to either enlarge or turn into full thickness tears-in less than a two-year period (Yamanaka 1994). As you can tell, rotator cuff problems aren't just for elite athletes. Seriously consider investing just a few minutes a week doing the simple exercises in this book if you: .have been diagnosed with either a partial or full thickness rotator cuff tear (yes, many studies show that even full thickness tears can be helped with exercise) .experience shoulder pain .do upper body weight lifting .have a job or play a sport where you do a lot of work with your arms above shoulder level .have been diagnosed with impingement syndrome .want a healthy and properly functioning rotator cuff So whether you already suffer from a rotator cuff problem, or simply want to prevent one, Treat Your Own Rotator Cuff will guide you step-by-step through an evidence-based program that can iron-plate your shoulders in just minutes a week. Jim Johnson, P.T., is a physical therapist who has spent over fifteen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution, Treat Your Own Knees, The No-Beach, No-Zone, No-Nonsense Weight Loss Plan: A Pocket Guide to What Works, and The Sixty-Second Motivator. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a large teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

â€¢â€¢â€¢ac joint physical therapy: Physical Therapy Neeraj D Baheti, Moira K Jamati, 2016-04-10 Physical Therapy â€“ Treatment of Common Orthopedic Conditions is a highly illustrated, evidence-based guide to the treatment of a range of common orthopaedic disorders, edited by US based experts in the field. Divided into sixteen chapters, across three sections, the book begins with a section on upper extremity, including conditions such as thoracic outlet syndrome, rotator cuff impingement, and carpal tunnel syndrome. The second section covers the spine, including sprains and strains, and cervical radiculopathy. The final section focuses on lower extremity, covering conditions such as hamstring strain, tendinopathy, and medial tibial stress syndrome. Each chapter begins with an overview of important information for diagnosis, followed by detailed evaluation and treatment approaches, which include conservative therapy, as well as complimentary, alternative, medical and surgical interventions. The text is enhanced by 850 full colour images and illustrations. Physical Therapy â€“ Treatment of Common Orthopedic Conditions references more than

1700 journal articles and books, ensuring authoritative content throughout this valuable resource for physiotherapists. Key Points Evidence-based guide to the treatment of a range of common orthopaedic conditions USA-based, expert editorial team References from over 1700 authoritative journal articles and books 850 full colour images and illustrations

â€¢â€¢â€¢ joint physical therapy: Shoulder Richard L. Angelo, James Esch, Richard K. N. Ryu, 2010-01-01 This title in the AANA Advanced Arthroscopy series covers advanced and emerging, state-of-the-art arthroscopic techniques---rotator cuff repairs, arthroscopic subscapularis repair, biologic augmentation devices, and more. Premiere arthroscopic shoulder surgeons discuss disease-specific options, managing and avoiding complications, and rehabilitation protocols...in print and online. --

â€¢â€¢â€¢ joint physical therapy: Office Orthopedics for Primary Care: Treatment Bruce Carl Anderson, 2005-09-26 The revised and expanded 3rd Edition of this widely popular text provides proven how-to guidance for the management of 52 of the most common musculoskeletal disorders seen in today's clinical settings, including strains, sprains, overuse injuries, and inflammatory and arthritic conditions. It explains each problem, how a typical patient describes the discomfort, what to look for during the examination, when to request X-rays, and how to draw a sound diagnosis from clinical observations. The text features updated tables of supports, braces, and casts that make it easy to choose the most efficient and cost-effective immobilizers. Features the expertise of Dr. Bruce Carl Anderson, a world authority on orthopedic practice in primary care. Presents straightforward, proven how-tos for the 52 most common orthopedic problems-20 new to this edition. Offers detailed descriptions and simple but effective anatomical drawings that demonstrate the 37 most effective local injection sites. Features 30 ready-to-copy patient information sheets that show patients how to do rehabilitation exercises. Includes many at-a-glance tables that compare dosages * outline costs * detail the uses of injectable corticosteroids, NSAIDs, and calcium supplements * and show supports, braces, and casts. Covers new treatments that have become more common in recent years, such as treatment for geriatric patients and exercise-related injuries. Features expanded patient education content, including more patient handouts than ever. Includes 100 new anatomical drawings.

â€¢â€¢â€¢ joint physical therapy: WHO guidelines on physical activity and sedentary behaviour , 2020-11-20

â€¢â€¢â€¢ joint physical therapy: 9 Out of 10 Climbers Make the Same Mistakes Dave MacLeod, 2009-11 9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors. But they are also stuck for a new set of reasons. Twenty years ago, the problem was that no one knew how to train for climbing. Information was scarce and couldn't travel fast among the participants. Today, it's the opposite problem. Book after book lists techniques for climbing, exercises for climbing, tips for climbing. Navigating this barrage of information, filtering out the

irrelevant and homing in on what matters to your life, your climbing and your circumstances has been the limiting step for today's climber.--Page 4 of cover.

â€¢â€¢â€¢ joint physical therapy: *Shoulder Reconstruction* Charles S. Neer, 1990 Here's the definitive description of shoulder reconstruction by the surgeon who pioneered most of the techniques. Discusses such common clinical problems as cuff tears, bicep lesions, and impingement. Provides background and technique for glenohumeral arthroplasty, including pathology and special technical problems. Develops the modern classification and approach to treatment of proximal humeral fractures. Illustrated throughout with original artwork by renowned medical artist, Robert J. Demarest.

â€¢â€¢â€¢ joint physical therapy: *Kinesiology of the Musculoskeletal System* Donald A. Neumann, 2010 Brilliantly and abundantly illustrated, this dynamic resource is the most comprehensive, research-based, reader-friendly text on kinesiology. An engaging approach explores the fundamental principles in vivid detail and clarifies the link between the structure and function of the musculoskeletal system to help you ensure a clear, confident understanding. UNIQUE! Clinical Connections boxes in each chapter enhance your understanding and promote practical application. Special Focus boxes and clinical examples throughout the text bridge classroom content with real-world application to help you succeed in practice. Logically organized content establishes an understanding of fundamental concepts before moving on to more complex material to make learning easier. Chapter outlines provide a framework for learning and enable you to reference specific topics at a glance. UNIQUE! A companion Evolve Resources website reinforces your understanding through kinesiology video clips and answers to study questions. UNIQUE! More than 500 high-quality, full-color illustrations clarify musculoskeletal anatomy and reinforce anatomic concepts. Study questions in each chapter test your comprehension and strengthen your critical-thinking capabilities.

â€¢â€¢â€¢ joint physical therapy: *Operative Techniques in Sports Medicine Surgery* Mark D. Miller, Sam W. Wiesel, 2012-03-28 *Operative Techniques in Sports Medicine Surgery* provides full-color, step-by-step explanations of all operative procedures in sports medicine. It contains the sports-related chapters from Sam W. Wiesel's *Operative Techniques in Orthopaedic Surgery*. Written by experts from leading institutions around the world, this superbly illustrated volume focuses on mastery of operative techniques and also provides a thorough understanding of how to select the best procedure, how to avoid complications, and what outcomes to expect. The user-friendly format is ideal for quick preoperative review of the steps of a procedure. Each procedure is broken down step by step, with full-color intraoperative photographs and drawings that demonstrate how to perform each technique. Extensive use of bulleted points and tables allows quick and easy reference. Each clinical problem is discussed in the same format: definition, anatomy, physical exams, pathogenesis, natural history, physical findings, imaging and diagnostic studies, differential diagnosis, non-operative management, surgical management, pearls and pitfalls, postoperative care, outcomes, and complications. To ensure that the material fully meets residents' needs, the text was reviewed

by a Residency Advisory Board.

â€¢â€¢â€¢ joint physical therapy: Postsurgical Orthopedic Sports Rehabilitation Robert C. Manske, 2006-01-01 Written by well-known experts in a reader-friendly style, this is the only book to focus specifically on post-surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients. Content covers basic concepts related to soft tissue healing, as well as core concepts in sports medicine rehabilitation, all of which lay the groundwork for discussions of specific protocols. Detailed descriptions of the latest post-surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans. Includes a separate section on multiple ligament knee injuries. Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting. Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans. The inflammatory response is described, with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder. Protocols based on the most recent research available promotes evidence-based practice. A chapter on rotator cuff injuries includes authoritative, up-to-date information on this topic. A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury, offering current, hands-on information about one of the fastest changing treatment protocols. Contributors are expert therapists and physicians - respected leaders in their field. Each chapter highlights post-op guidelines and protocols in a consistent format that's immediately accessible and easy to reference. Comprehensive information on soft tissue healing is presented. A separate section on multiple ligament knee injuries presents hard-to-find information that's rarely covered in other resources or literature.

â€¢â€¢â€¢ joint physical therapy: Management of Common Musculoskeletal Disorders Darlene Hertling, Randolph M. Kessler, 2006 The fundamental textbook of orthopedic physical therapy is now in its thoroughly updated Fourth Edition. This new edition presents a how-to approach focusing on the foundations of manual therapy. More than 1,200 illustrations and photographs demonstrate therapeutic techniques. Extensive references cite key articles, emphasizing the latest research. Reflecting current practice standards, this edition places greater emphasis on joint stabilization techniques and the role of exercise. Coverage includes new material on soft tissue manipulations and myofascial evaluation. This edition also features case studies covering real-life practice scenarios.

â€¢â€¢â€¢ joint physical therapy: Adolescent Medicine Today: A Guide To Caring For The Adolescent Patient Elise D Berlan, Terrill D Bravender, 2011-11-25 Filled with short, succinct chapters written by experts in the field of Adolescent Medicine, this handbook covers the major health issues that practicing clinicians regularly encounter in the care of teens and young adults. From menstrual concerns and sexually transmitted infections, anxiety disorders and depression, to eating disorders and common sports medicine concerns, this book is an ideal reference guide for busy clinical practices. Students, residents, and established clinicians alike will find the â€œAdolescent Pearlsâ€• section of each chapter particularly useful.

â€¢â€¢â€¢ac joint physical therapy: Orthopaedic Physical Therapy Secrets - E-Book Jeffrey D. Placzek, David A. Boyce, 2023-12-26 Unlock the secrets to passing the Orthopaedic Certified Specialist (OCS) exam with this comprehensive Q&A review! Offering a unique question-and-answer format, Orthopaedic Physical Therapy Secrets, 4th Edition helps you build the knowledge and skills needed to pass orthopaedic and sports certification specialty exams. The book introduces basic physical therapy concepts and then covers different healing modalities, clinical specialties, and orthopedic procedures typically prescribed for common injuries such as those to the shoulder, hand, wrist, spine, and knee. From a team of PT experts led by Jeffrey D. Placzek and David A. Boyce, this review also serves as a useful reference for practitioners who wish to provide the latest in evidence-based care. - Coverage of topics found on the orthopedic specialty exam makes this a valuable resource for study and review. - Wide scope of orthopedic coverage includes specialties ranging from anterior knee pain to X-ray imaging, featuring topics such as therapeutic dry needling plus functional movement screening and assessment. - Annotated references provide a useful tool for further reading and research. - Review questions are consistent with the level of difficulty encountered on the orthopedic or sports specialty examinations. - Evidence-based content is based on the latest orthopedic research. - Clinical tips provide guidance for a variety of physical therapy tasks and situations. - Charts, tables, and algorithms summarize information in logical, quick-reference frameworks. - NEW! Updated content reflects contemporary practice standards and provides the current information you need to pass the Orthopaedic Certified Specialist (OCS) examination. - NEW! eBook version is included with print purchase. The eBook allows you to access all of the text, figures and references, with the ability to search, customize your content, make notes and highlights, and have content read aloud. - NEW! Updated references ensure that information is based on the latest scientific literature.

â€¢â€¢â€¢ac joint physical therapy: Advanced Techniques in Shoulder Arthroscopy Peter J. Millett, Jonas Pogorzelski, 2020-11-05 This book is written for the benefit of all surgeons who have an interest in arthroscopic shoulder surgery. It is a compendium of different aspects of shoulder surgery that have been learned over the last 25 years. While there has been a rapid progression of shoulder surgery over the last two decades, particularly with the advancement of operative arthroscopic surgery, certain principles remain. The purpose of this book is not to be an exhaustive detailed account of the various historical aspects of arthroscopic shoulder surgery, but rather to act as an up-to-date, instructional handbook that outlines these principles. The book also helps the practicing shoulder surgeon become familiar some of the latest techniques in arthroscopic shoulder surgery, demonstrating proven approaches and outlining key aspects of common and uncommon procedures. Each chapter starts with the indications for the procedure, moves towards the appropriate evaluation and diagnostic work up, and culminates in specific technical explanation of the surgical procedure itself. Advanced Techniques in Shoulder Arthroscopy is a valuable resource for those who are new to arthroscopic shoulder surgery and for those who are skilled and experienced in operative arthroscopy. It is meant to provide a foundation for basic and advanced arthroscopic techniques that helps surgeons improve their craft and treat their patients better.

â€¢â€¢â€¢ac joint physical therapy: Practical Management of Pain E-Book Honorio Benzon, James P. Rathmell, Christopher L. Wu, Dennis Turk, Charles E. Argoff, Robert W Hurley, 2022-02-10 For more than 30 years, Practical Management of Pain has offered expert guidance to both clinicians and trainees, covering every aspect of acute and chronic pain medicine for adult and pediatric patients. The fully revised 6th Edition brings you fully up to date with new developments in patient evaluation, diagnosis of pain syndromes, rationales for management, treatment modalities, and much more. Edited by a team of renowned pain clinicians led by Dr. Honorio Benzon, this authoritative reference is a comprehensive, practical resource for pain diagnosis and treatment using a variety of pharmacologic and physical modalities. - Presents a wealth of information in a clearly written, easily accessible manner, enabling you to effectively assess and draw up an optimal treatment plan for patients with acute or chronic pain. - Takes a practical, multidisciplinary approach, making key concepts and techniques easier to apply to everyday practice. - Shares the knowledge and expertise of global contributors on all facets of pain management, from general principles to specific management techniques. - Discusses the latest, best management techniques, including joint injections, ultrasound-guided therapies, and new pharmacologic agents such as topical analgesics. - Covers recent global developments regarding opioid induced hyperalgesia, neuromodulation and pain management, and identification of specific targets for molecular based pain. - Includes current information on the use of cannabinoids in pain management and related regulatory, professional, and legal considerations. - Includes the latest guidelines on facet injections and safety of contrast agents. - Provides new, evidence-based critical analysis on treatment modality outcomes and the latest information on chronic pain as a result of surgical interventions. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

â€¢â€¢â€¢ac joint physical therapy: Clavicle Injuries Gordon I. Groh, 2017-09-12 This is the first book of its kind to specifically cover all aspects of clavicle injury management, from anatomy and biomechanics to anesthesia and radiology, with the bulk of the chapters presenting current treatment strategies, both operational and otherwise. The clavicle is the most frequently injured bone in the human body, but despite the frequency of injury, there is a remarkable breadth of treatment options and controversy regarding operative and non-operative treatment, with intramedullary fixation and plating techniques both having avid supporters. Each chapter presents expert opinion and relies on biomechanics, anatomy, radiography, evidence-based medicine and outcome studies to reach their conclusions. Technique chapters include illustrative case material, demonstrating a variety of presentations and outcomes. Pediatric and sports-related clavicular injuries are also highlighted, as are complications, for a well-rounded, comprehensive resource. Before now, a text focusing solely on injuries to the clavicle may have seemed like an impossibility. However, given recent reinvestigation into outcomes and emerging concepts in management, Clavicle Injuries stands as the go-to resource for currently techniques for diagnosis and management of these common injuries for orthopedic and emergency surgeons as well as sports medicine specialists.

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