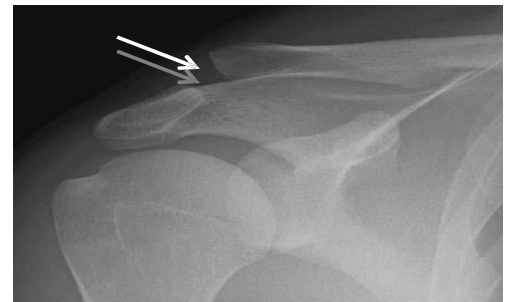




## Emergency Department Advice Sheet – Acromioclavicular joint Injuries

### Acromioclavicular Joint (ACJ) injuries

- You have injured the ligaments holding the clavicle (collar bone) to the shoulder bone.
- This may result in you having a swelling or bump at the end of your collar bone.
- The pain and tenderness you are experiencing in this area will gradually settle over several weeks.
- During this time, you may find lifting your shoulder and reaching to the back of your head uncomfortable but it is perfectly safe to try.
- You may be provided with a sling for support. This is only to help with the pain and will not have any effect on the speed of recovery or position of the bones.
- You may use the shoulder as much as pain allows and should gradually discard the support over 1-3 weeks as the pain settles.
- Most injuries heal without any problems – however, it may take several months for your symptoms to settle completely and any visible bump may remain.
- To keep your shoulder from getting too stiff, you can do an exercise called the pendulum stretch. To do this exercise, let your arm relax and hang down while you sit or stand. Move your arm back and forth, then side to side, and then around in small circles. Try to do this exercise for 5 minutes, 1 or 2 times a day.
- If you are still experiencing significant symptoms such as pain, sense of instability, reduced strength or loss of confidence in the shoulder after 3 months then please contact your GP.



### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

### Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question

– How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name chftae or by completing the form available within the department.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

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

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

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

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔