



## **ACJ Osteoarthritis**

This condition is present with superior/anterior pain, and is worse when the arm is elevated. Examination shows tender ACJ and positive cross arm adduction. An x-ray may show degenerative changes and an MRI can demonstrate high "signal" signifying inflammation.

An X-ray or MRI scan may be required to rule out or identify other possible problems such as ligament or tendon tears and this will aid diagnosis of degeneration in the bone.

ACJ Osteoarthritis can be treated with physiotherapy, and painkillers and anti-inflammatories, and injections into the painful joint can provide temporary relief. When pain cannot be controlled with these measures, surgery may be required.

"Excision arthroplasty" is the surgical treatment of this kind of arthritis. This involves the resection of 6-8 mm of the lateral end of clavicle. This can be done open or by keyhole surgery. Scar tissue replaces the joint as the body heals, preventing the bones from rubbing against each other, but retaining flexibility in the joint.

The post-op rehabilitation is similar to arthroscopic subacromial decompression mentioned under impingement syndrome.