**Mechanism of Injury:**
The AC joint is prone to develop degenerative arthritis in people who do repetitive over-head work or after injuries resulting in blunt trauma to the AC-joint. This situation can also occur after a shoulder (AC) separation.

**Subjective symptoms:**
- Pain over the AC joint
- Pain with overhead use of the arm
- Pain and weakness when reaching across the body

**Objective findings:**
**Physical Exam:**
- Tenderness at AC joint
- Palpable deformity of AC-joint
- + cross chest test
- + injection test

**Imaging:**
- Plain x-rays
- MRI

**Natural History:**

**Non-operative Treatment:**
- NSAIDS
- Cortisone injection
- PT

**Operative Treatment:**
Arthroscopic or open (in revision cases) distal clavicle resection (aka Mumford procedure)

**MMI:**

<table>
<thead>
<tr>
<th>Non-operative</th>
<th>Operative</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-12 weeks</td>
<td>12-16 weeks</td>
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</tbody>
</table>

**Work status until MMI:**
- No overhead work, no repetitive lifting, pushing, pulling
- No overhead work, no repetitive lifting, pushing, pulling