

Management of the Degenerative AC Joint

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Overview

- Diagnosis
 - Clinical
 - Investigations
- Conservative Management
- Operative Management
 - Open
 - Arthroscopic

History

- Carefully evaluate in all shoulder problems
 - ACJ is common cause of failure of Rx
 - ACJ rarely painful in isolation
- Injuries
 - Beware instability
- Site of pain
- Exacerbating factors
- Concomitant pathology
 - SAI - ? cause
 - Intraarticular – SLAP
- Level of pain and function

Examination

- (Neck)
- Tenderness
- Cross –chest adduction
 - “Scarf” test
- Signs of other pathology
 - Impingement / Cuff
 - SLAP – O’Brien may be +ve – check site of pain
- Instability

Investigations

➤ XR

- Sensitivity/specificity?
- Views, stress views

➤ US

➤ MRI

- ? Arthrogram - ? Intraarticular lesion

➤ L/A Injection

➤ ? Other causes of ACJ arthritis – infection etc

Conservative management

➤ Analgesia

➤ Rehab

- No specific ACJ treatments

➤ Injections:

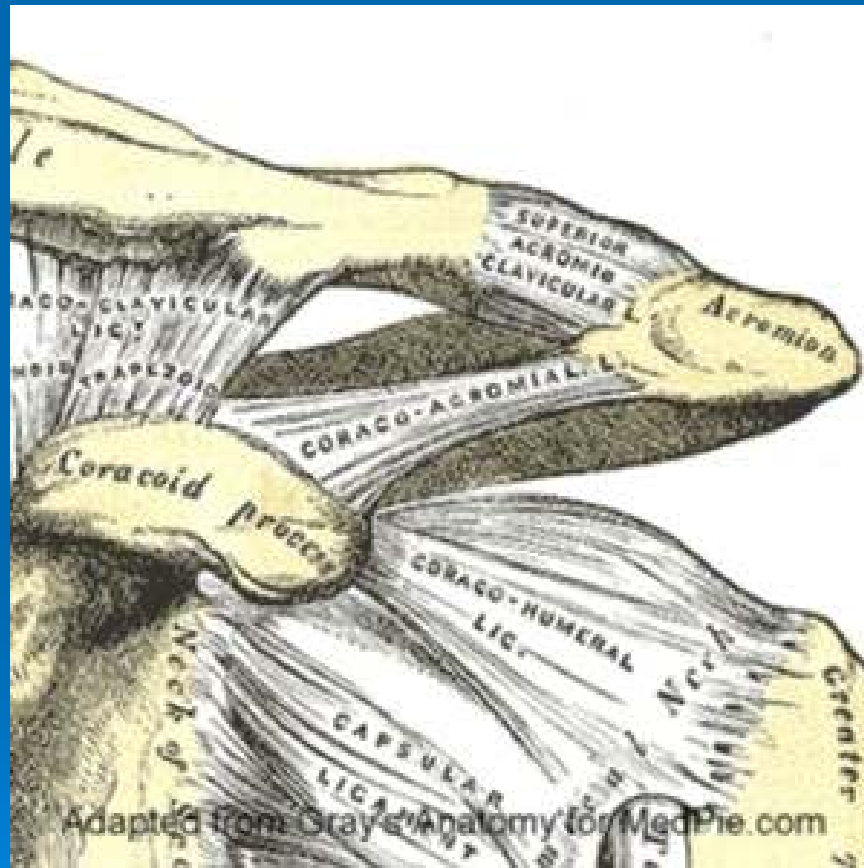
- Good improvement up to 1 yr, maintained 5 yrs
- Hossain et al, JSES 2008
- Diagnosis

Operative

- Open excision
- Direct arthroscopic excision
- Indirect (bursal) arthroscopic excision

- *Maybe* better results from arthroscopic
 - Meta-analysis Rabalais & McCarty, CORR 2007

Anatomy



Principles

- Stabilise if unstable
- Superior ligament important in AP stability
 - As little as 5mm medial to joint in females
- Coraco-clavicular ligts important restraint to superior displacement
 - 11mm medial to joint
 - Studies of CA ligt augmentation
- Resect joint surfaces without destabilising
 - Repair capsule if open, avoid if arthroscopic

Indirect

- ASD
- Anterior approach to ACJ
- Preserve superior capsule
- Excise generous shaver width
- Direct vision to confirm excision
 - Posterosuperior often missed
- May consider just coplaning inferior surface
- Neviaser portal

- Video

Direct


- ACJ only
- If isolated pathology
- Small joint scope

- ? More instability and inadequate resections

Complications

- Too little...
 - Inadequate resection
 - Posterosuperior

 - Too much...
 - Instability

 - New bone formation
- 

Thank you



Discussion

