



Management of Injuries About the Clavicle

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symposium

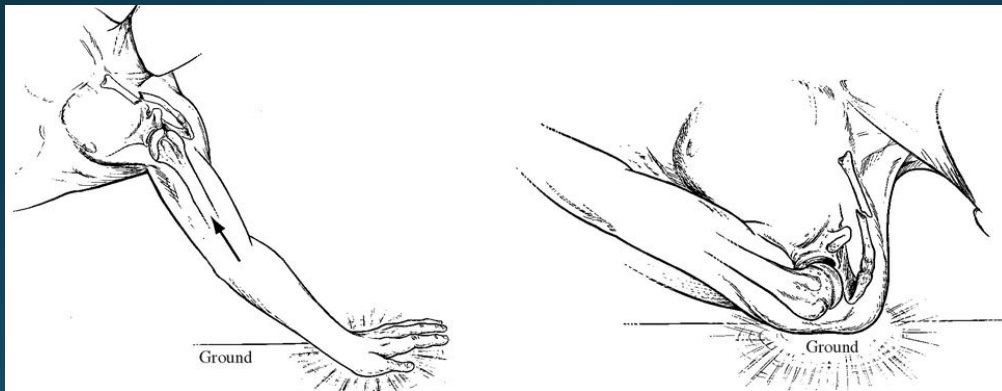
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- No relevant disclosures or conflicts of interest.

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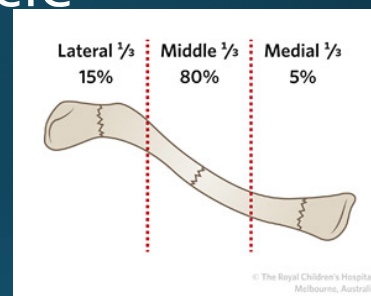
Injuries about the Clavicle

- Mechanism of injury: fall on the lateral aspect of the shoulder



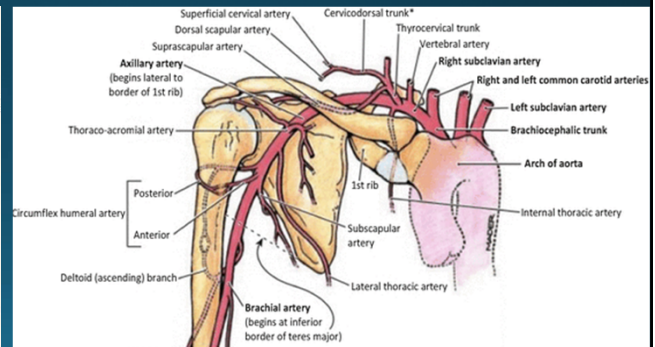
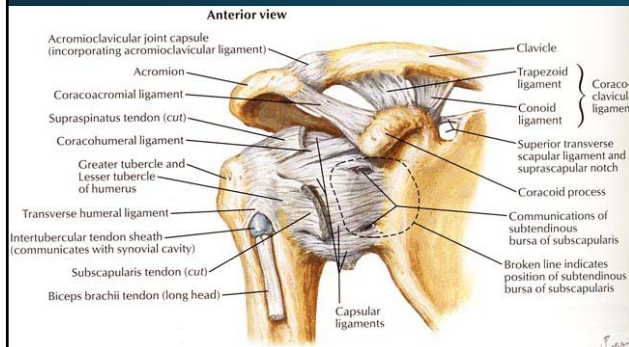
Injuries about the Clavicle

- Most Common injuries:
 - Fractures medial, midshaft and lateral
 - AC sprain or dislocation
 - SC sprain or dislocation
- Prevalence/ population epidemiology
 - Fractures 2.6-4% of all fractures. Midshaft is most common (69-82%), then lateral (12-26%), then medial (2-6%)
 - AC injuries 9.2/1000 person yrs
 - SC injuries Rare less than 3-5% of all upper extremity joint injuries



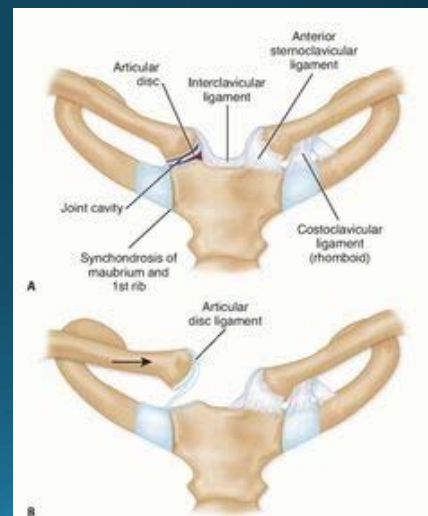
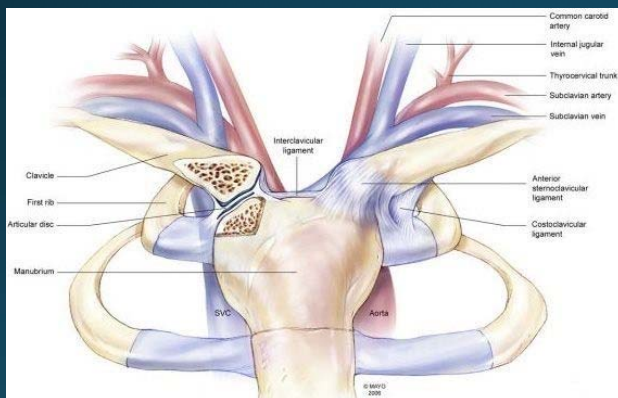
Injuries about the Clavicle

- Relevant anatomy



Injuries about the Clavicle

- Relevant anatomy



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Injuries about the Clavicle

- Initial diagnosis and management
 - Deformity swelling or tenderness over the clavicle
- Look for concurrent injuries: concussion, c-spine, stingers, shoulder dislocation, other fractures
- Sling, ice, pain control, imaging

Fractures

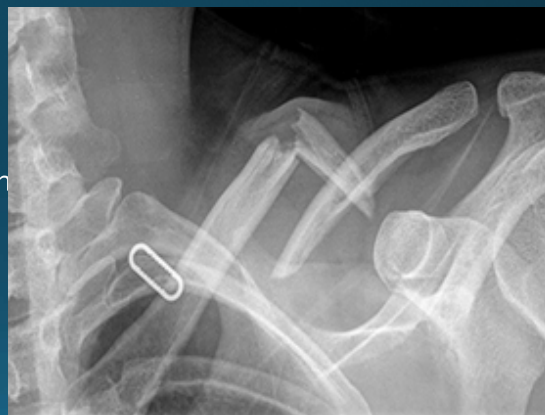
- Most commonly non-operative
 - should heal in this population in 4-6 weeks.



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Fractures

- Indications/ considerations
 - Medial, middle or lateral?
 - Significant displacement/ rotation
 - Medialization/ shortening of 1cm or more
 - Tenting/ open fracture
 - Involvement of the CC ligaments.



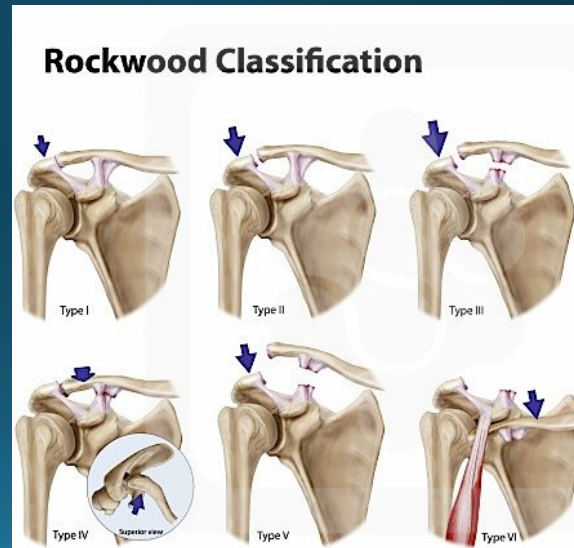
Fractures

- Surgical techniques
 - Intramedullary pinning
 - Open reduction internal fixation
 - Newer lock-plating options for medial and lateral fractures.
- Pearls and pitfalls
 - Lateral pull-out
 - Wound healing/ hardware prominence
 - Restore CC ligament stability

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AC Joint Injuries

- Indications and considerations
 - AC sprain Grade i-v (vi added later)
- Non-operative management- most common
- Surgical techniques
- Pearls and pitfalls
 - Key CC ligament involvement

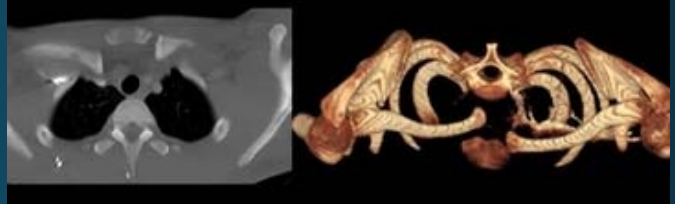


AC Joint Injuries

- Non-operative management- most common
- Surgical techniques
- Pearls and pitfalls
 - Key CC ligament involvement

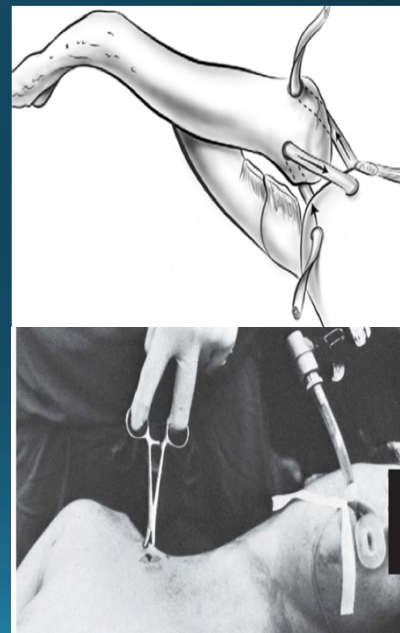
SC Joint Injuries

- Indications and considerations
 - Urgencies: posterior vs anterior
 - Symptomatic/ painful
 - dysphagia



SC Joint Injuries

- Surgical techniques
 - Percutaneous reduction
 - Open reduction and ligament reconstruction
 - Figure of eight reconstruction
- Pearls and pitfalls
 - CT surgery immediately available
 - Avoid posterior dissection



Thanks!

Questions??



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