

# Case Manager Guidelines

## Acromio-Clavicular (ACJ) Arthritis

Shoulder and Elbow Orthopaedic Service  
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<b>Cause</b>	Age +/-or injury related
<b>Symptoms</b>	Swelling over ACJ Pain - with motion (overhead and across chest) Decreased motion Weakness
<b>Signs</b>	Tenderness of ACJ on palpation Palpable lump over ACJ Cross chest compression test positive Local anaesthetic injection relief of pain
<b>Natural History</b>	Progressive worsening of symptoms. Symptoms can fluctuate, but generally worsen with time and useage, without treatment
<b>Imaging</b>	Plain X-rays (AP and Oblique of ACJ) and Axillary of shoulder MRI or office visit Ultra-sound
<b>Non-operative Treatment</b>	NSAIDs Cortico-Steroid Injection Physical Therapy
<b>Operative Treatment</b>	Arthroscopic distal clavicle excision (Mumford procedure)
<b>MMI (Maximum Medical Improvement)</b>	Non-operative                      8-10 weeks Operative                              10-12 weeks
<b>Work Status Until MMI</b>	No overhead activity, no lifting more than 11lb weights, no pushing / pulling
<b>Questions</b>	<a href="mailto:srinath.kamineni@uky.edu">srinath.kamineni@uky.edu</a>
<b>Patient Scheduling</b>	<a href="tel:+18593235533">+1 (859) 323 5533</a>