

**Patient Information**  
**Emergency Department**

## **Discharge advice following attendance with a shoulder (acromio-clavicular joint) sprain**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

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Date: November 2023

Review Date: November 2025



[www.medway.nhs.uk](http://www.medway.nhs.uk)

You have a sprain (partial disruption of ligament fibers) of the joint between the shoulder blade and collar bone.

This injury almost always heals well with time and use, no specific treatment is required and therefore routine follow-up is unnecessary.

A sling will hold your shoulder in a comfortable position for a few days. You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able.

You may initially require regular painkillers as it is important to keep gently moving the shoulder and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function.

Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery.

Symptoms are usually minor, but may take 3-6 weeks to settle.

There may be slightly reduced movement at the shoulder, especially when lifting the arm, but this is likely to improve over time with normal use.



**If the pain gets worse or lasts more than six weeks or you are concerned about your shoulder contact the fracture clinic on:**

**07760553994**

**Monday to Friday 11.00am to 5.00pm**