

## IPSILATERAL MIDCLAVICULAR FRACTURE WITH ACROMIOCLAVICULAR JOINT DISRUPTION

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**Introduction:** Acromioclavicular (AC) dislocation with an associated fracture of the mid-shaft clavicle is a rare injury with no established standard treatment. Previous AC fixation techniques have not included simultaneous internal fixation of the clavicle. We present the case of a patient who sustained this fracture dislocation.

**Discussion:** A 38-year-old man was involved in a road traffic accident and sustained an injury to his left shoulder. He presented with minimal swelling, tenderness at mid-clavicle and a prominent distal end of the clavicle. The neurovascular status of the left upper extremity was intact. Radiographic examination of the left shoulder (anteroposterior external & internal rotated view) revealed a displaced mid-shaft fracture of the clavicle and a type-III dislocation of the AC joint according to Rockwood classification. Patient was treated conservatively with arm sling and recovered well with full range of movement.

**Conclusion:** Treatment for this complex injury is predominantly dictated by the type of dislocation and displacement of the clavicle fracture, as well as age and demand of the patient. The most appropriate treatment rendered depends on the degree of AC joint instability. Most literature has supported conservative management for Rockwood's grade I and II injuries, whereas there is a general consensus that grade IV, V, and VI injuries are best treated with surgery. The management of grade III injuries, however, remains controversial with proponents for and against surgical treatment. The trend in recent times for this fracture dislocation is towards surgical management of both the components, in order to initiate an accelerated rehabilitation protocol in the immediate postoperative period. Open reduction & internal fixation of clavicle by means of plating and performing an anchor suture or tight rope to stabilize the AC joint may be an option. However, the prognosis for this complex injury is also reported to be good in conservative approach.