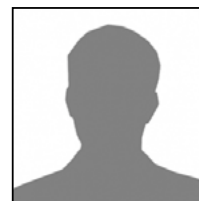


# Arthroscopic distal clavicle excision in acromio-clavicular arthritis

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## Abstract

**Introduction:** Resection of the distal aspect of clavicle has a well-documented treatment modality in case of acromioclavicular joint osteoarthritis resistant to conservative treatment.

**Material & Methods:** In this study, the author prospectively evaluated the results of arthroscopically distal clavicle excision in AC joint osteoarthritis resistant to conservative treatment for 20 patients. All patients had symptomatic ACJ osteoarthritis resistant to conservative treatment at time of surgery. All patients have been followed up for six months and were evaluated by using the ASES (American shoulder and elbow score) and Constant Shoulder Score (CSS) as well, either before surgery or final follow-up period for pain and functional results, respectively.

**Results:** A total of 20 patients (13 males, 7 females) with AC joint arthritis, treated between the years of 2016-2018, all patients failed to show improvement with conservative treatment. The mean age of the study population was 54.15 years. The follow-up period six months. The mean preoperative ASES was 21.75 (range, 12.30-33.30) while the mean became at the final follow-up 75.66 (range, 64.70-88.30) There was a statistically significant difference between pre- and postoperative ASES scores ( $P < 0.001$ ). This mean CSS score of the patients increased postoperatively from 24.75 (range, 16-33) to 55.26 (range, 45-67) at the final follow-up. There was a statistically significant difference between the two time periods with respect to CSS ( $P < 0.001$ ).

**Conclusion:** The follow-up results showed that Arthroscopic distal clavicle excision of patients with symptomatic AC joint osteoarthritis resistant to conservative treatment has low complications rate, reduced the pain, improved the shoulder function, high patient satisfaction and return to their normal daily activity.

## Biography

Hazem Said Ibrahim Elhadad is currently working in Cairo fatemia teaching hospital. He is the former dean of Anatolian medicine, member of Swiss society AO of Orthopaedics and fracture fixation, member of the Lyon knee school surgery. He also completed his PhD in arthroscopic shoulder surgeries. He is an instructor in Egyptians arthroscopic association, International Faculty in Nilsson Mandela Institute in Tanzania.



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