Background ISAKOS upper extremity committee has suggested a subclassification of Rockwood type III acromioclavicular (AC) joint dislocations in a stable type A recommended non-surgical treatment and an unstable type B recommended surgical treatment. The objective of this prospective cohort study was to investigate if this subclassification is clinically relevant.

Methods Inclusion criteria were patients aged 18–60 with acute AC joint dislocation and >50% superior displacement of the clavicle. Patients were treated non-surgically with 3m plates,ö with surgery. Patients presenting with SD had worse WOSI at all time-points compared to those without SD.

Results Eighty-eight patients contributed data for the subclassification at 6w; 20 patients were classified as stable and 68 as unstable if they presented with any of the two. The primary outcome was the Western Ontario Shoulder Instability Index (WOSI).

Conclusion The ISAKOS subclassification of Rockwood type III in a stable type A and an unstable type B is not clinically relevant.

Reference

10.1136/bmjsem-2023-sportskongres2023.43