

11 Shoulder Girdle – adult

PRO TIPS

- They have done studies on the non-op management of clavicles, 85% of the time they heal every time! <https://youtu.be/5ccp-IEmoAE?t=50>
- The only consistent evidence-based advantage of operating on mid shaft clavicle fractures, is earlier return to work.
- What would you do if you had a displaced midshaft clavicle fracture?
- In SC and AC joints you are relying on scar tissue to stabilise the joint. It will take a long time (>9 months) before they will be pain free. Warn them!

UK ISCP TRAUMA + ORTHOPAEDIC SYLLABUS

Knowledge

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications Green text = Oxford Trauma Service suggestions			
Topic	CORE	ST3-ST8	>ST8
Basic Science (Regional)			
Anatomy			
Anatomy of the shoulder girdle and related structures	3	4	4
Surgical approaches to the shoulder girdle including arthroscopic access	2	4	4
Pathology			
Impingement and rotator cuff disorders	1	4	4
Instability and labral pathology of the shoulder	2	4	4
Shoulder stiffness	1	4	4
Biomechanics & Biomaterials			
Biomechanics of the shoulder girdle	1	4	4
Investigations			
Radiological investigations to assess the shoulder	3	4	4
Assessments			
History and examination of the shoulder girdle, including special clinical tests	3	4	4
Examination of the brachial plexus	2	4	4
Treatments			
Operative			
Management of closed fractures	3	4	4
Management of closed peri-articular fractures	2	4	4
Arthroplasty of the shoulder	1	3	4
Soft tissue disorders of the shoulder girdle	2	4	4
Amputation	2	4	4
Non-operative			
Rehabilitation of the shoulder	1	3	4
Orthoses	1	3	4
Clavicle fractures	2	4	4
Brachial plexus and other nerve injuries	1	3	3

Technical

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications Green text = Oxford Trauma Service suggestions			
Topic	CORE	ST3-ST8	>ST8
Clavicle			
ORIF clavicle fracture	0	4	4
ORIF non-union clavicle fracture	0	3	4
SC joint dislocation closed / open reduction	0	2	4
SC joint instability/open stabilisation	0	2	4
Acromioclavicular joint dislocation acute ORIF	0	3	4
Scapula			
Glenoid fracture ORIF	0	2	3
Scapula fracture ORIF	0	2	3

Please find below, resources that cover the syllabus objectives.

DISCUSSION SLIDES

- OTA Resident Lectures – [Clavicle Fractures](#)
- OTA Resident Lectures – [AC + SC Joint Fractures + Dislocations](#)
- OTA Resident Lectures – [Scapula Fractures](#)
- OTA Resident Lectures – [Upper Limb Amputations](#)

RECOMMENDED KNOWLEDGE REVIEW RESOURCES

ACROMIOCLAVICULAR AND STERNOCLAVICULAR JOINT INJURIES

- Rockwood + Green Chapter 31a: Acromioclavicular and Sternoclavicular Joint Injuries p917-975
- Orthobullets – [Acromioclavicular Joint](#)
- Orthobullets – [Acromioclavicular Joint Injury](#)
- Orthobullets – [Sternoclavicular Joint](#)
- Orthobullets – [Sternoclavicular Dislocation](#)

SCAPULAR FRACTURES

- Rockwood + Green Chapter 32a: Scapular Fractures p976-1008
- Orthobullets – [Scapula Fractures](#)

CLAVICLE FRACTURES

- Rockwood + Green Chapter 33a: Clavicle Fractures p1009-1063
- Orthobullets – [Medial Clavicle Physeal Separation](#)
- Orthobullets – [Midshaft Clavicle fractures](#)
- Orthobullets – [Distal Clavicle Fractures](#)
- Orthobullets – [Distal Clavicle Physeal Fractures](#)
- JBJS Clinical Summary – [Clavicle Fractures](#)
- VuMedi – [Midshaft Clavicle – What is the Evidence for ORIF & How Should We Fix It?](#), Cheung 2017
- VuMedi - [Distal Clavicle Fractures – When and When Not To and How to Operate](#), Gulotta 2017

SCAPULOTHORACIC DISSOCIATION

- Orthobullets – [Scapulothoracic Dissociation](#)

SCORING / CLASSIFICATION SYSTEMS

- [AO/OTA](#)

RECOMMENDED TECHNICAL REVIEW RESOURCES

GENERAL

- OTA - [II imaging + beach chair positioning](#)

CLAVICLE FRACTURE

- AO Surgery Reference – [Clavicle](#)
- Orthobullets – [Clavicle Fracture ORIF](#)
- VuMedi – [Distal Clavicle Fractures](#), Paci 2017
- OTA - [Displaced midshaft clavicle ORIF](#)
- VuMedi - [ESIN of Comminuted Fracture of the Clavicle](#), 2015

SCAPULA

- AO Surgery Reference – [Scapula](#)
- Orthobullets – [ORIF scapula](#)
- OTA - [Posterior Scapula Approaches](#) (members only)
- OTA - [Judet's Scapula Approach](#) (members only)

ACROMIOCLAVICULAR AND STERNOCLAVICULAR JOINT INJURIES

- OTA - [Distal clavicle hook plate](#)

SMITH + NEPHEW

- [Trauma Education](#)
- [EVOS small](#)

STRYKER

- Surgeon Education – [Link](#)
- Video Library – [Link](#)
- Trauma + Extremity Products – [Link](#)

DEPUY SYNTHES

- [Educational Material](#)
- [J+J Technical Guides](#)

GUIDES + PROTOCOLS

NICE (NATIONAL INSTITUTE FOR CLINICAL EXCELLENCE)

- [Trauma \(QS166\)](#)
- [Major trauma: service delivery \(NG40\)](#)
- [Major trauma: assessment and initial management \(NG39\)](#)
- [Fractures \(complex\): assessment and management \(NG37\)](#)
- [Fractures \(non-complex\): assessment and management \(NG38\)](#)

ABSTRACTS + FULL TEXT PAPERS

GENERAL

SC Joint

- Robinson – [Disorders of the Sternoclavicular Joint](#), JBJSb 2008 [[Full text](#)]
- Sernandez – [Sternoclavicular Joint Dislocation: A systematic review and meta-analysis](#), JOT 2019

AC Joint

- Fraser-Moodie – [Injuries to the Acromioclavicular Joint](#), JBJSb 2008
- Korsten – [Operative or conservative treatment in patients with Rockwood type III acromioclavicular dislocation: a systematic review and update of current literature](#), Int Orth 2014 [[Full text](#)]

Clavicle Fractures

- McKee – [Operative Versus Nonoperative Care of Displaced Midshaft Clavicular Fractures: A Meta-Analysis of Randomized Clinical Trials](#), JBJS 2012
- Ahrens – [The Clavicle Trial: A Multicenter Randomized Controlled Trial Comparing Operative with Nonoperative Treatment of Displaced Midshaft Clavicle Fractures](#), JBJS 2017
- Canadian Orthopaedic Trauma Society - [Nonoperative treatment compared with plate fixation of displaced midshaft clavicular fractures. A multicenter, randomized clinical trial](#), JBJS 2007
- [Predicting Union in Midshaft Clavicle Fractures at 6 weeks](#)

Floating Shoulder

- Owens – [The Floating Shoulder](#), JBJSb 06