

DISTAL CLAVICLE EXCISION (RESECTION, ARTHROSCOPIC TECHNIQUE)



Overview

During this minimally-invasive procedure, the surgeon removes the end of the clavicle at the acromioclavicular joint in the shoulder. Removing this portion of bone will decompress the joint. It will help relieve the pain and loss of motion caused by arthritis or impingement. This procedure is performed with a small camera, called an arthroscope, and miniature instruments.

Preparation

In preparation for the procedure, general or regional anesthesia is administered. The shoulder is cleansed with an antiseptic solution. The surgeon creates a few small openings in the shoulder to allow access to the joint.

Excising the Clavicle

The surgeon inserts the arthroscope and instruments. The surgeon shaves away the end of the clavicle to create more space within the joint.

End of Procedure and Aftercare

When the procedure is complete, the instruments are removed and the openings are closed. The shoulder is bandaged. The arm is placed in a sling. Physical therapy will be required to regain strength and range of motion.

