



Preface

Acromioclavicular and sternoclavicular injuries

Orthopedic surgeons and sports medicine physicians frequently care for patients who have traumatic injuries or degenerative conditions that affect the acromioclavicular joint. Less frequently the sternoclavicular joint is involved. Traumatic injuries of the acromioclavicular joint often occur in persons participating in contact sports such as hockey, football, rugby, and skiing. Noncontact sports such as cycling, baseball, and weight lifting may lead to injury or degenerative injuries of this joint. Sternoclavicular joint injuries are rare; they are frequently associated with trauma and can lead to significant disability in athletes.

Treatment of traumatic and degenerative conditions that affect these joints continues to be an area of active discussion. Injuries that may have little impact on the general population at large may restrict the activities of athletes, particularly those involved in overhead sports. Treating physicians must make accurate diagnoses and implement appropriate treatment protocols to successfully return athletes to play.

This issue of the *Clinics in Sports Medicine* presents a collection of articles by a group of authors with significant research and clinical experience treating injuries of the acromioclavicular and sternoclavicular joints. The latest advances in understanding the anatomy, radiology, clinical evaluation, and treatment decisions are described. Over the past decade, there have been advances in our understanding of the pathophysiology of acromioclavicular and sternoclavicular joint instability and degenerative conditions. Increased experience in physical examination, radiologic evaluation, and outcomes of treatment benefit our patients. Arthroscopic surgery has also aided in the diagnosis and treatment of conditions that affect the acromioclavicular joint with decreased morbidity and earlier return of function.

Along with our coauthors, we hope that this issue of the *Clinics in Sports Medicine* provides readers with a clearer understanding of these recent advances and potential treatment algorithms.

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