



“Together,
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- Category : Shoulder
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Does Vertical Over-Reduction in AC Joint Stabilization Matter? A Prospective Analysis of Clinical and Radiographic Outcomes

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Introduction and Background

Restoring vertical stability during coracoclavicular (CC) ligament reconstruction for acute high-grade acromioclavicular (AC) joint dislocation is the primary objective of surgical reduction. However, the role of vertical over-reduction remains a subject of debate. While over-reduction may theoretically prevent progressive proximal migration and loss of reduction during follow-up, concerns persist regarding the potential development of symptomatic AC joint arthritis

Material and Method

This prospective case series evaluated 32 patients undergoing arthroscopic CC stabilization using a single-button suspension technique with intentional vertical over-reduction. The primary outcomes assessed were functional scores, including the DASH, Constant, and ACJI scores, recorded over a 24-month follow-up period. Radiographic outcomes focused on the coracoclavicular (CC) distance compared to immediate postoperative films. Postoperative complications were recorded for both the short and long term.

Results

The mean degree of vertical over-reduction immediately postoperatively was -2.43 ± 1.34 mm. At the 24-month follow-up, functional outcomes demonstrated statistically significant improvement ($P < 0.05$). Specifically, DASH scores changed from 18.25 ± 4.43 to 52 ± 1.2 , Constant scores from 55.34 ± 12.43 to 5.03 ± 1.2 , and ACJI scores from 63.67 ± 12.43 to 95.73 ± 1.52 . Radiographically, the CC distance showed a mean change (loss of reduction) of 3.67 ± 1.04 mm at the final follow-up. Complications included 8 cases of radiographic AC joint arthritis, 2 superficial skin infections, and 1 failure of CC stabilization secondary to new trauma. Notably, all patients with radiographic arthritis remained asymptomatic.

Conclusions

Vertical over-reduction in acute AC joint dislocation stabilization is associated with significantly improved functional outcomes and effective maintenance of reduction, preventing significant proximal displacement and recurrent instability. Although radiographic AC joint arthritis was observed, it was clinically asymptomatic in all cases. Therefore, slight vertical over-reduction appears to be a safe and effective strategy to counteract physiological creep and loss of reduction without compromising clinical results



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Figure & Table 1.

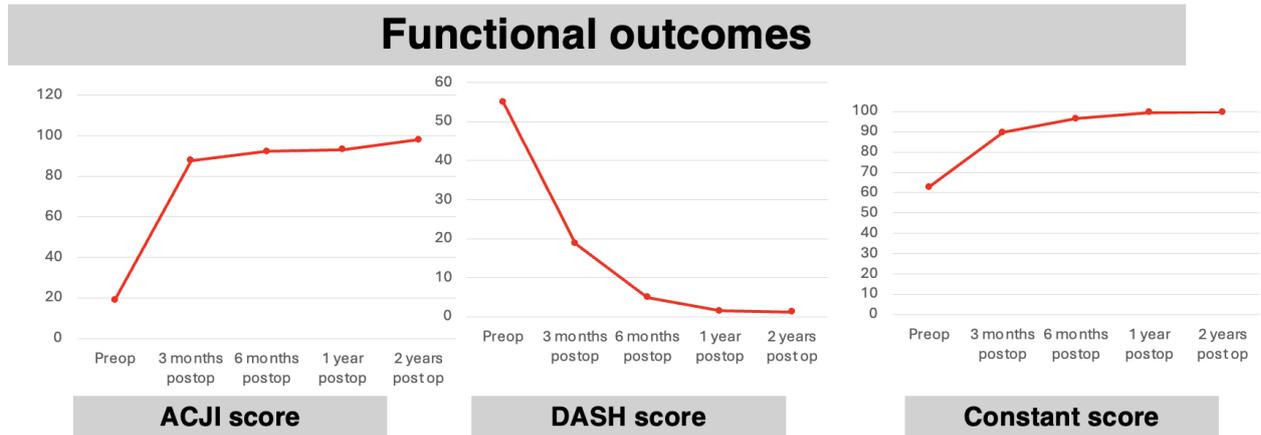


Figure & Table 2.

