

Your friend has a separated shoulder, a common mountain bike injury. Landing on his shoulder forced his clavicle to ride up and over the acromion process on his scapula stretching and sometimes tearing some or all of the supporting ligaments. Note the pronounced bump on his left shoulder in the second picture; this is his clavicle. The injury is definitely painful. Field treatment is rather simple: Buddy splint the affected limb to his body and begin a Level 3 Evacuation. Surgery may be required if the damage is severe.

