

Calcific Tendonitis

<p>What is it?</p>	<p>Calcific Tendonitis is a condition that usually affects individuals over the age of forty and is characterized by the accumulation of deposits of calcium in the rotator cuff tendons of the shoulder. The term “Calcific Tendonitis” simply means: Calcific – Calcium deposits and Tendonitis – Irritation or Inflammation of the tendon where the deposits accumulate.</p> <p>The reason that this problem causes shoulder pain is that calcium is an irritant in the shoulder and it causes the tendon to swell so that it pinches as it glides underneath the acromion bone of the shoulder as you raise and lower your arm.</p> <div data-bbox="760 216 1560 657" data-label="Image"> </div>
<p>Treatment</p>	<p>Most people will get better with conservative, non-operative treatment since the calcium deposits generally will get resorbed and go away over time. Generally, people will regain normal function of the shoulder and resolution of their pain after 2-3 weeks without any treatment. Approximately 1/3 of patients will have a complete disappearance of the calcium deposits within 3-10 years.</p> <p>If patients do not get better, then treatment may be needed to help resolve the pain. anti-inflammatory medication for pain and possibly physical therapy if stiffness or decreased range of motion is present.</p> <p>steroid (cortisone) injection into the shoulder: Injections and medication are useful for pain but there is no evidence that they speed the resorption of calcium.</p> <p>Other, less commonly used treatments include ultrasound shock therapy and “needling” in which large needles are placed into the calcium deposits to help release pressure. Ultrasound and cortisone (Iontophoresis) may be helpful in alleviating pain and resorbing calcium.</p> <p>For situations in which non-surgical treatments do not help then arthroscopic surgery is used to remove the calcium deposits.</p> <div data-bbox="1263 1352 1544 1675" data-label="Image"> </div> <div data-bbox="940 1682 1568 1927" data-label="Image"> </div>