

You will be given an appointment post surgery to see a member of the team in the orthopaedic outpatients department.

In the meantime, if you have any questions or worries, please do not hesitate to contact us during the times shown below.

Monday - Friday

8.30am - 5.30pm

Orthopaedic Clinic

01935 384319

Sister and Clinic Nursing Staff

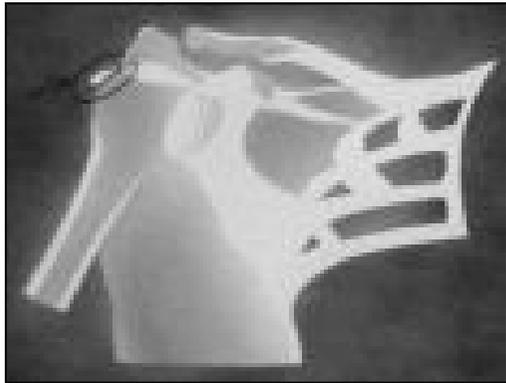
01935 384409

CALCIFIC TENDONITIS

**If you require this leaflet in
any other format, e g, large
print please telephone:
01935 384590**

Outpatient Department

Calcific tendonitis results from inflammation and calcification of the tendons and is caused by calcium deposits in the rotator cuff.



Common Causes

- Repetitive use of the arm e.g. frequent lifting, gardening, tennis.
- Occasionally history of trauma to the shoulder

Symptoms

- Pain in shoulder
- Discomfort down the side of the arm
- Pain with lifting the arm above the head
- Unable to sleep on affected shoulder

Investigations

- Positive 'impingement test' doctor's examination
- X-ray
- MRI or ultrasound

Non Operative Treatment

- Rest
- Anti-inflammatory medication
- Physiotherapy
- Cortisone injections

Surgical treatment

- Shoulder arthroscopy for removal of calcific deposit

Arthroscopy

An arthroscopy is a surgical procedure which enables the consultant to look into and treat the affected area.

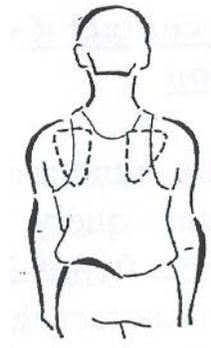
Exercises Post Surgery

Lower trapezius:

Sitting or standing. Keep your arms relaxed.

Roll your shoulder blades back and downwards. Hold it for 10 seconds (do not let your back arch) .

Repeat 10 times.



External rotation:

Sitting or standing, elbow to your side. Hand near stomach. Take hand away from stomach. (this twists the shoulder joint) can support/add pressure with a stick held between your hands.

Repeat 10 times.

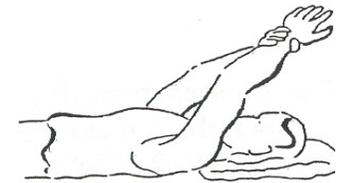


Flexion in lying (left shoulder):

Lying on your back on bed/floor.

Support your operated arm and lift up over head. Gradually remove the support.

Repeat 10 times.



Flexion in standing:

Standing facing a wall, with elbow bend and hand resting against wall. Slide your hand up the wall, Aiming to get a full stretch.

Repeat 10 times.

