

Post Operative Care

If a rotator cuff repair has been performed a sling with a small pillow is used for six weeks during which time simple passive range of motion is initiated. Driving a car after one week. At six weeks a more active range of motion is initiated. Return to overhead activities usually occurs between 3 and 6 months.



George Murrell
Shoulders



PROF GEORGE MURRELL



CALCIFIC TENDONITIS



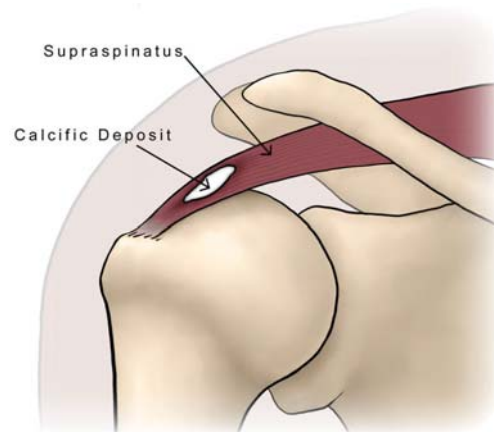
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CALCIFIC TENDONITIS

Calcific tendonitis is a condition where calcium can deposit within tendons. While calcium can be deposited anywhere in the body, the most common area is the insertion of the rotator cuff tendons. It is one of the most painful conditions of the shoulder.



Diagnosis

The diagnosis of calcific tendonitis is made with the history, physical examination, and radiographs (X-rays).



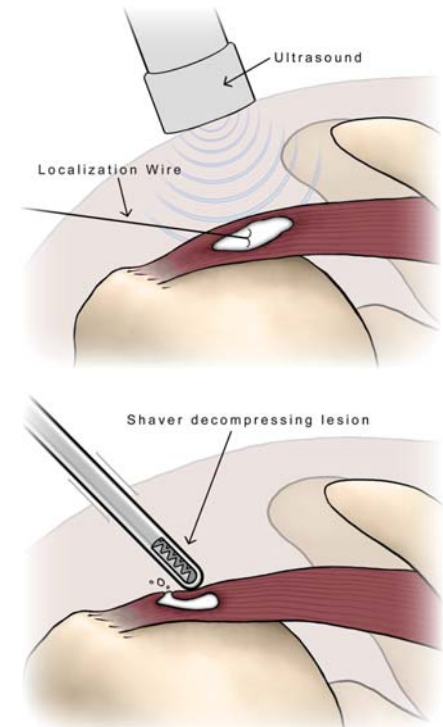
The calcium can usually be seen on standard radiographs, but oftentimes advanced imaging such as MRI or ultrasound may be necessary to ensure there is no other pathology, such as a rotator cuff tear.

Treatment

One non-operative treatment involves injecting with corticosteroid and local anaesthetic. Sometimes this is helpful in controlling symptoms. If pain persists, then most studies show the most effective ways of removing the pain is to remove the calcific material. This can either be done using shockwave therapy or trephination – which is pushing a needle into the calcific material under ultrasound guidance.

Arthroscopic Removal

If non-operative measures fail then we have found ultrasound-guided arthroscopic removal of calcific material to be a very effective way of resolving the problem. In theatre, we use ultrasound to place a needle within the calcific material. The needle is designed so that it stays within the calcium. At arthroscopy, we can follow this needle into the calcific material and then suck it out with a shaver.



Sometimes there is a small hole in the tendon at the end of the procedure; if this hole is large enough, we will repair it just as we do for a rotator cuff tear. If it is small, then it usually does not need to be repaired.