

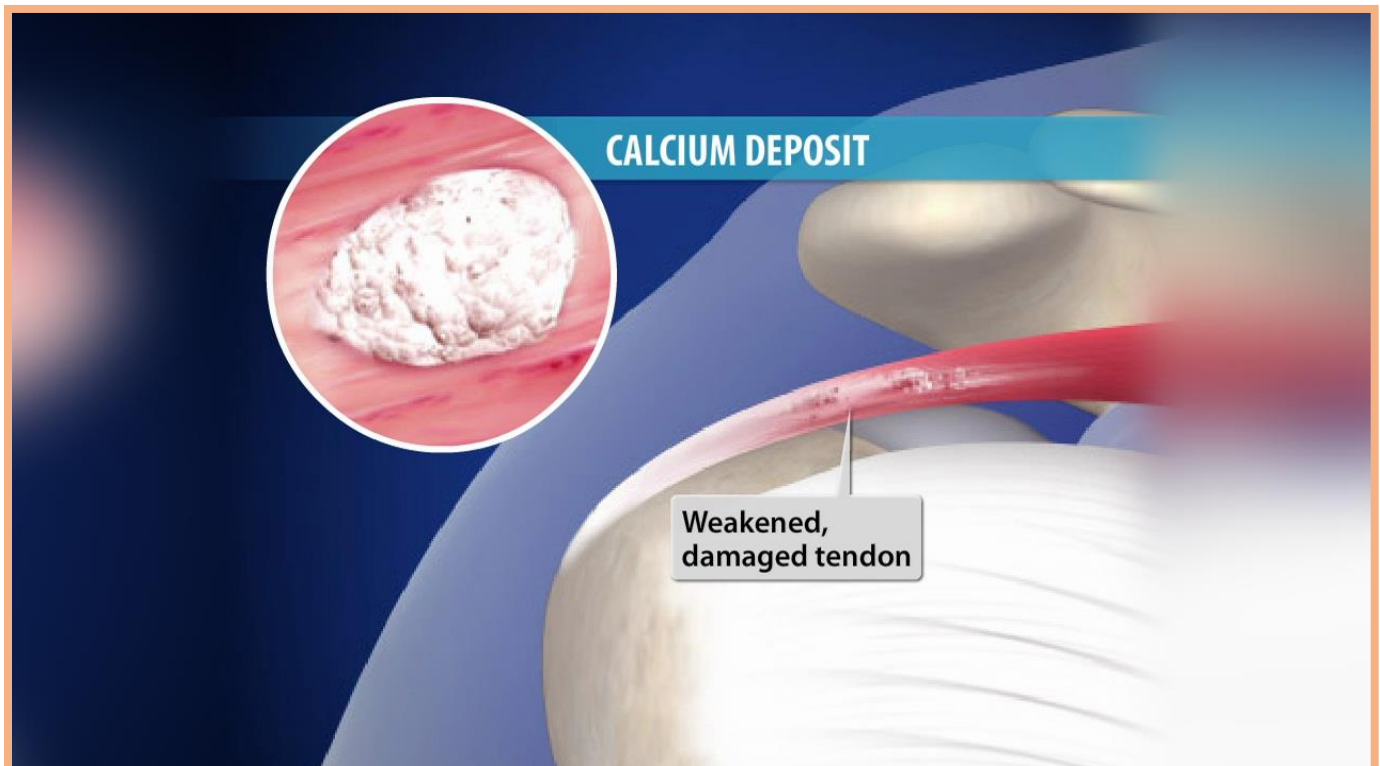


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## Calcific Tendinopathy

**What is Calcific Tendinopathy?** Calcific Tendinopathy is a condition where calcium builds up in tendons. The exact cause is unknown, but some causes can be inflammation, trauma, and age-related degeneration. When calcium builds up in this way, it creates a firm, hard area that can cause pain or catching symptoms as the calcium deposit rubs against softer structures. The body can re-absorb this calcium over time, but treatments are available to help speed up this process.



**How is Calcific Tendinopathy Diagnosed?** Diagnosis is suspected based on history and physical exam. If imaging is needed, an x-ray is usually the first imaging ordered, but an ultrasound, CT, or MRI can be helpful to further characterize the area.

**Does Calcific Tendinopathy need to be treated?** In many patients, calcific tendinopathy causes no symptoms. However, some patients experience pain, catching, and difficulty with daily tasks if the calcium is damaging nearby structures.



## How do you treat Calcific Tendinopathy?

- **Physical Therapy –**

Strengthening the structures around the calcium and stretching the area can help reduce the inflammation caused by Calcific Tendinopathy.



- **[Extracorporeal Shockwave Therapy \(ESWT\)](#)**

– By using acoustic soundwaves, ESWT can help to fragment the calcium deposits and help the body reabsorb it. It also helps to promote healing of the soft tissues in the area.



- **[Glucocorticoid \(Steroid\) Injection](#)**

– If there is significant inflammation causing swelling, discomfort, or bursitis, a steroid injection into the affected area can help to calm it down.

- **[Barbotage/Percutaneous Needle Tenotomy](#)**

– Using an ultrasound as a guide, a needle can be used to physically break up and then extract pieces the pieces of calcium. Other devices like TenJet® use sterile water to accomplish this.

