

Calcific Tendonitis Physical Therapy Exercises

10 EFFECTIVE PHYSICAL THERAPY EXERCISES TO TREAT — SHOULDER PAIN —



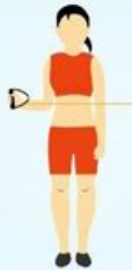
Shoulder Blades Forwards Against Wall



Shoulder Blade Shrug



Shoulder Blade Squeeze



Resistance Band External Rotation



Resistance Band Internal Rotation



Static Rotator Cut Off Contraction



Resistance Band Pull Backs



Hand Behind Neck



Lateral Raises



Prone Horizontal Abduction

Calcific tendonitis physical therapy exercises are a crucial component of rehabilitation for individuals suffering from this painful condition. Calcific tendonitis occurs when calcium deposits form in the tendons, commonly affecting the shoulder but can also occur in other areas like the hip, knee, and wrist. The presence of these deposits can lead to inflammation, pain, and restricted movement. Physical therapy plays an essential role in managing symptoms, promoting healing, and restoring function. This article will provide a comprehensive overview of calcific tendonitis, its symptoms, and effective physical therapy exercises that can aid recovery.

Understanding Calcific Tendonitis

Calcific tendonitis typically affects the rotator cuff tendons in the shoulder, although it can occur in other tendons. The condition is characterized by the accumulation of calcium crystals within the tendon, leading to inflammation and pain. Understanding the causes, symptoms, and treatment options is vital for effective management.

Causes of Calcific Tendonitis

While the exact cause of calcific tendonitis is not entirely understood, several factors may contribute:

- Age: Most commonly affects individuals aged 30 to 60.
- Repetitive Use: Overuse of the shoulder in activities that require overhead motions.
- Genetics: A family history of tendonitis may increase susceptibility.
- Metabolic Disorders: Conditions such as diabetes can predispose individuals to calcific tendonitis.

Symptoms of Calcific Tendonitis

Individuals with calcific tendonitis often experience the following symptoms:

- Pain: Often severe and may worsen with movement.
- Limited Range of Motion: Difficulty lifting the arm or performing overhead activities.
- Swelling: Inflammation around the affected tendon.
- Tenderness: Discomfort when pressing on the affected area.

The Role of Physical Therapy

Physical therapy is fundamental in managing calcific tendonitis. It aims to reduce pain and inflammation, improve range of motion, strengthen surrounding muscles, and prevent future injuries. A physical therapist will create a tailored treatment plan, which typically includes a combination of modalities and exercises.

Physical Therapy Modalities

Before engaging in specific exercises, various modalities may be employed to alleviate pain and inflammation, including:

- Ice Therapy: Reduces swelling and numbs the pain.
- Heat Therapy: Increases blood flow and relaxes tight muscles.
- Ultrasound Therapy: Promotes tissue healing through sound waves.
- Electrical Stimulation: Reduces pain and stimulates muscle contraction.

Effective Physical Therapy Exercises

Incorporating specific physical therapy exercises into your rehabilitation program can significantly aid recovery from calcific tendonitis. These exercises focus on improving flexibility, strength, and overall function.

1. Stretching Exercises

Stretching is crucial for maintaining flexibility and preventing stiffness in the shoulder joint.

- Pendulum Stretch:
 - Stand and lean forward, allowing the affected arm to hang down.
 - Gently swing the arm in small circles, gradually increasing the diameter.
 - Perform for 1-2 minutes in each direction.
- Cross-Body Stretch:
 - Stand or sit upright.
 - Use the opposite arm to pull the affected arm across your body at shoulder height.
 - Hold for 15-30 seconds and repeat 3-5 times.
- Wall Climb:
 - Stand facing a wall and place your fingertips on it.
 - Slowly "climb" the wall with your fingers, raising your arm as high as possible.

- Hold the position for a few seconds, then lower the arm. Repeat 5-10 times.

2. Strengthening Exercises

Once pain decreases, strengthening exercises can help stabilize the shoulder joint and support the affected tendon.

- Isometric Shoulder Abduction:
 - Stand with your affected arm at your side.
 - Press your arm against a wall or doorframe without moving it.
 - Hold for 5-10 seconds, repeat 5-10 times.
- Resistance Band External Rotation:
 - Attach a resistance band at waist level.
 - Stand with the affected side facing the band, holding the band with the affected arm.
 - Keep your elbow bent at 90 degrees and pull the band outward, rotating the shoulder.
 - Perform 10-15 repetitions.
- Scapular Retraction:
 - Sit or stand with a straight back.
 - Squeeze your shoulder blades together as if trying to hold a pencil between them.
 - Hold for 5-10 seconds and repeat 10-15 times.

3. Range of Motion Exercises

These exercises help maintain mobility and prevent stiffness.

- Shoulder Flexion:
 - Lie on your back with your arms at your sides.
 - Slowly raise your affected arm overhead, keeping it straight.
 - Lower it back down. Repeat 10-15 times.
- Wall Angels:
 - Stand with your back against a wall, feet about six inches away.
 - Press your lower back, shoulders, and head against the wall.
 - Raise your arms overhead in a "Y" position, keeping them against the wall.
 - Slide your arms down to a "W" position and back up. Repeat 10 times.

4. Functional Activities

As recovery progresses, it's beneficial to integrate functional activities that mimic daily tasks.

- Reaching Activities:
 - Practice reaching for items on a shelf, gradually increasing the height and distance as tolerated.
- Light Weightlifting:
 - Use light weights to perform shoulder presses or lateral raises, focusing on form and control.

Conclusion

Calcific tendonitis can be a debilitating condition that significantly impacts daily activities. However, with the appropriate physical therapy exercises, individuals can effectively manage their symptoms and regain functionality. It's essential to consult with a healthcare provider or physical therapist before initiating any exercise program, as they can provide personalized guidance based on individual needs and recovery stages. Consistency is key in rehabilitation, and with dedication and proper care, many individuals can return to their pre-injury activities and improve their overall quality of life.

Frequently Asked Questions

What are calcific tendonitis physical therapy exercises?

Calcific tendonitis physical therapy exercises are targeted movements and stretches designed to alleviate pain, improve mobility, and strengthen the muscles around the affected tendon, often in the shoulder, where calcium deposits form.

How can physical therapy help with calcific tendonitis?

Physical therapy can help manage pain, reduce inflammation, improve range of motion, and strengthen surrounding muscles, which can aid in the healing process and prevent future injuries.

What specific exercises are recommended for calcific tendonitis?

Recommended exercises may include pendulum swings, internal and external rotation exercises, scapular stabilization exercises, and gentle stretching of the shoulder muscles, all performed under the guidance of a physical therapist.

How often should I perform physical therapy exercises for calcific tendonitis?

Typically, exercises should be performed two to three times a week, but it is essential to follow a personalized plan developed by a physical therapist based on your specific condition and recovery progress.

Are there any contraindications for physical therapy exercises in calcific tendonitis?

Yes, patients should avoid high-impact activities, heavy lifting, or any movements that cause sharp pain during the exercises, as these can exacerbate the condition.

Can physical therapy fully resolve calcific tendonitis?

While physical therapy can significantly alleviate symptoms and improve function, the complete resolution of calcific tendonitis may also require additional treatments such as medication, corticosteroid injections, or in some cases, surgery.

What is the duration of a physical therapy program for calcific tendonitis?

The duration of a physical therapy program can vary widely but typically lasts from a few weeks to several months, depending on the severity of the condition and individual progress.

Should I consult a physical therapist before starting exercises for calcific tendonitis?

Yes, it is highly recommended to consult a physical therapist before starting any exercise regimen for calcific tendonitis to ensure the exercises are appropriate for your specific situation and to avoid further injury.

Can I do these exercises at home?

Yes, many physical therapy exercises for calcific tendonitis can be performed at home, but it is crucial to receive initial guidance from a physical therapist to ensure proper technique and avoid aggravating your condition.

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Struggling with calcific tendonitis? Discover effective physical therapy exercises to relieve pain and improve mobility. Learn more to start your recovery today!

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