

Ultrasound Guided Barbotage

Barbotage therapy is an established technique for the treatment of calcific tendonitis, the accumulation of calcium salts in a body tissue. It normally occurs in the formation of bone, but calcium can be deposited abnormally in soft tissue.

The calcium can cause chemical irritation, which leads to pain. It can also reduce the space between the acromion and the rotator cuff and affect the normal function of the shoulder. The cause of the calcium build-up is not known. It tends to be more common in people between the ages of 30-60 years. Calcium deposits can disappear spontaneously, they can also be asymptomatic.



What is involved?

Ultrasound guided barbotage therapy is an outpatient treatment to remove the calcium deposits. A diagnostic ultrasound scan is performed at the same time.

The skin is marked and sterilised and local anesthetic is given. Using the ultrasound image, a needle is guided into the calcification. The calcification will then be attempted to be aspirated/withdrawn. To encourage healing the calcification is punctured several times. Steroid may also be injected at the time of the procedure.

Is it safe?

There is a very small risk of introducing infection and if you are allergic you may react to the drugs.

Does it hurt?

It can be a painful procedure, although with local anesthetic most people tolerate it.

Does it always work?

There is a 60-70% chance of significant or complete improvement in symptoms and return to activities.

What are my other options?

Occasionally 2 treatments are needed at about 6 weeks apart. However about 1/3 of patients may not respond and may subsequently be offered surgery.

Can I drive afterwards?

You are advised to have somebody drive you home after the procedure as you may be in discomfort afterwards. You can return to driving the following day.

Post procedure

You should have been made a follow-up appointment with a Physiotherapist, if this has not been arranged please contact the Physiotherapy department via the booking office on **01484 905380**.

You should see your Physiotherapist about 2 weeks after the procedure. There are exercises you can be doing post procedure until you see your therapist detailed below.

Any questions?

Calderdale Royal Hospital

Please call the X-ray department on 01422 224141

Huddersfield Royal Infirmary

Please call the X-ray department on 01484 356900

Cancellations

Telephone number 01422 224141 (Calderdale) / 01484 356900 (Huddersfield)

If you know that you will be unable to keep this appointment, please cancel as soon as possible, so that someone else on the waiting list can make use of it.

Car parking

The hospital car parking is barrier operated for patients and visitors. We advise you to allow 30 minutes before your appointment to find a parking space and bring some change with you. Parking for Disabled Permit Holders is free of charge, but you will need to bring your Disabled document with you to the main hospital reception desk.

Stretches

- **Overhead** - lie on your back and use your good arm to help the affected arm up above your head. Feel a stretch in your shoulder and hold for 20-30 seconds. Repeat 2-3 times.



- **External Rotation** - lie on your back with a rolled up towel under your elbow to support your arm. Hold a stick between your hands, keep elbows bent and use your good hand to push your affected hand out to the side. Push until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times.



- **Internal Rotation / Hand behind back** - hold a towel between your hands, use your good arm to pull the affected hand behind your back. Pull until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times



Web address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

QR code



If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone No: 01484 342434

MSK Physiotherapy Admin Office
Telephone No: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسری اور فارمیٹ طرزبان می درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے می ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"