

## Calcific Tendonitis

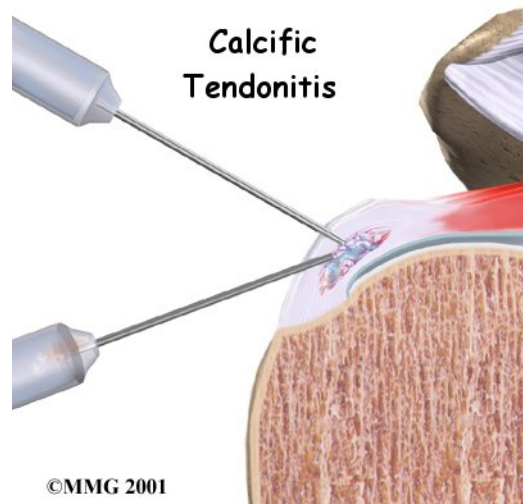
Calcific tendonitis, or calcification, refers to the build-up of calcium salts in a tendon, usually as a result of an injury, trauma or stress which leads to inflammation. Although this condition often occurs in the tendons of the shoulder joints it can affect any joint. The calcium deposits eventually end up limiting the normal, friction-free movement of the joint.

### How does calcific tendonitis develop?

The wear-and-tear of aging is the primary cause of calcific tendonitis. As we age, blood flow to the tendons decrease. This makes the tendon weaker and over time, as we use the muscle and tendon to affected joint movement, the fibers of the tendons begin to fray and tear just like a worn-out rope. Calcium deposits form in the damaged tendons as part of the healing process. A history of trauma to the tendon may also be involved.

### Prolotherapy and EDTA injections

Prolotherapy is a minimally invasive injection procedure that stimulates the body's natural healing mechanisms to repair chronically damaged tendons. With Prolotherapy, the damaged tendons are injected with a substance that either directly or indirectly causes a small amount of local tissue irritation or inflammation. The purposeful, controlled inflammation triggers the body's natural repair processes to strengthen the existing tissue and to enhance the growth of new tissue. Thus, combining Prolotherapy with EDTA, a substance that affects calcium metabolism (calcium chelator), we can effectively remove calcium deposits from tendons and produce a normal healing process over a period of time.



**Please contact Dr. Hoffmann for more information on this condition and the available treatment options.**

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