

You have

Calcific Tendonitis

This is where small deposits of calcium form within the tendons of the rotator cuff (muscles around the shoulder).

Healing:

Often this gets better on its own after approximately 6 weeks.

Pain and swelling:

It can be very painful in the early stages. Take pain killers as prescribed. If you are struggling to manage your pain, speak to your pharmacist or GP.

An ice pack or cold pack may give short term pain relief.



Using your arm:

It is important to keep your shoulder moving to prevent stiffness. Start with gentle movements and try not to make your pain worse.

You can use a sling for comfort. Try to stop using it as soon as possible.

Exercises:

It is important to start your exercises as soon as possible. Instructions are on the next page.

Follow up:

A follow up appointment in the fracture clinic is not needed. In the first 6 weeks your GP will manage your symptoms. If your pain is not better after 6 weeks your GP can refer you to the Sussex MSK Partnership to see a shoulder specialist.

Any questions:

If you are concerned about your symptoms please make an appointment with your GP.

Wear your sling for comfort. You should try to stop using your sling as soon as possible.

Managing your pain and swelling:

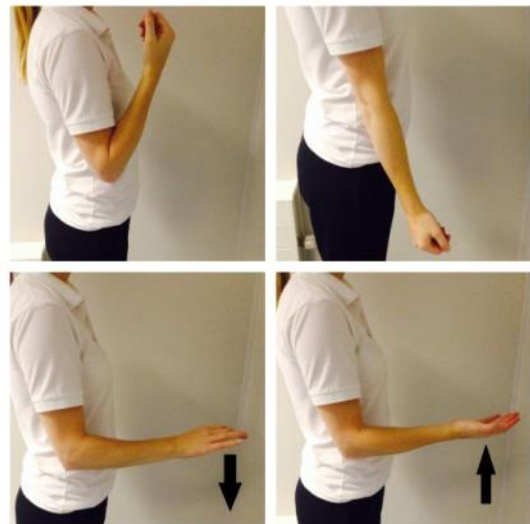
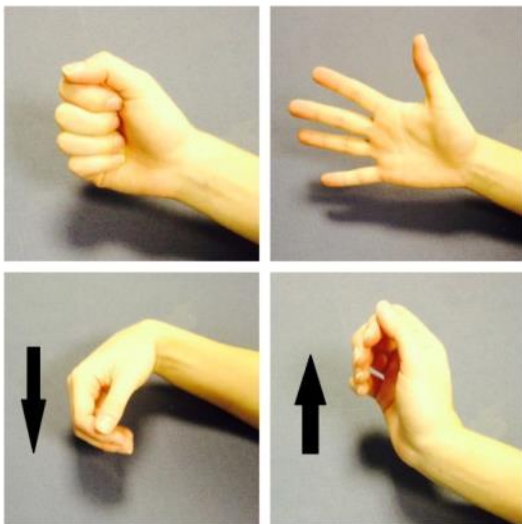
A cold pack can provide short term pain relief and reduce swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your shoulder for up to 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

Exercises:

Early movement of the shoulder is important to prevent stiffness. Start the exercises straight away, working within your comfort.

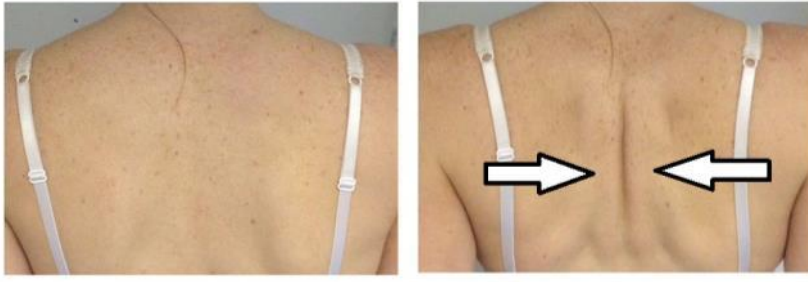
Do each exercise 3-4 times every day.

Hand, wrist and elbow exercises:



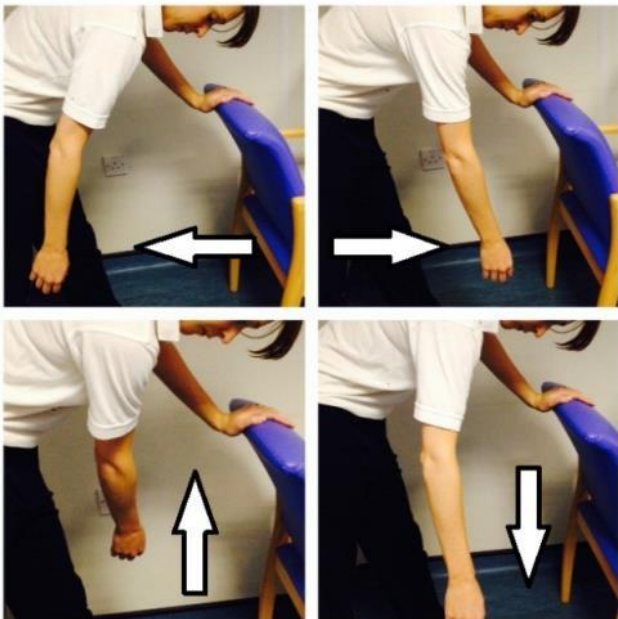
1. Open and close your hand. Next, move your wrist up and down. Repeat 10 times.
2. After a few days, hold a soft ball or rolled up socks. Squeeze the ball and hold for 5 seconds. Repeat 5 times.
3. Bend and straighten your elbow. Repeat 10 times.
4. Bend your elbow to a right angle. Slowly turn your palm up to the ceiling and down to the ground. Repeat 10 times.

Posture Exercise:



Bring your shoulders back and gently squeeze your shoulder blades together. Hold for 20-30 seconds. Repeat 5 times.

Shoulder Pendulum Exercise:



Stand next to a firm surface. Support yourself with your un-injured arm and lean forwards. Let your injured arm relax and hang down to the ground.

Gently swing your arm, making a small movement. Try to do this forward and backward, side to side and in small circles.

Aim to do this for 1-2 minutes in total. You do not need to push into pain. Remember to keep your arm relaxed.

When can I start driving?

You can return to driving when:

- You are no longer using your sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from your GP

How do I contact the Virtual Fracture Clinic?

Call 01273 696955 extension 63428.

Email uhsussex.fracturecare@nhs.net