



## Ultrasound-Guided Calcium Debridement of the Shoulder Joint: A Case Series.

SCIENCE

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Key Take-Away:

Ultrasound-guided percutaneous ultrasonic tendon debridement procedure has already been considered as a novel, less invasive substitute to the address calcific tendinopathies of the shoulder. This cohort study by Milman E et al. reported that with this procedure, almost all the patients found to be satisfied with the pain relief and had prevented or delayed the need for more invasive procedures.

### Introduction:

The purpose of this study was to examine the outcomes of those who underwent an ultrasound-guided debridement of the deposits. Particularly: (1) function; (2) pain; (3) activity level; (4) patient satisfaction; and (5) the complications; were analyzed.

### Methods:

A review of patients who underwent an ultrasound-guided debridement of calcific deposits about their shoulder joint between 2005-2015 was executed. Our final cohort comprised of 38 patients with a mean age of 53 years (35 to 62 years)-11 men and 27 women, and a mean follow up of 32 months (12 to 53 months). The functional outcomes, activity level, and pain level were estimated via the Disabilities of Arm, Shoulder, and Hand (DASH) scale, the University of Southern California (UCLA) activity scale, and Visual Analog Scale (VAS). Also, the patients were asked if they were satisfied with the outcomes of their procedure. All medical records were assessed for potential complications from this procedure.

### Results:

Excellent outcomes were achieved. The mean DASH score improved from 21 to 10 points ( $p=0.0001$ ). Additionally, the mean UCLA score increased from 2 to 7 points ( $p=0.0001$ ). Furthermore, the mean reported VAS improved from 8 to 1.6 ( $p=0.0001$ ). Ninety-seven per cent of patients reported being satisfied. There were no reported complications in this cohort study.

### Conclusion:

We found that this procedure can result in effective pain relief and prevent or delay the need for more invasive procedures. Future studies should be conducted to evaluate the role of calcium deposit size in the outcomes of those who undergo debridement.

Exploratory, Shoulder Joint, Case Series, Cohort, Disabilities of Arm, Shoulder, and Hand (DASH) scale, University of Southern California (UCLA) activity scale, Visual Analog Scale (VAS)