



The Treatment of Degenerative Calcific Tendinitis of the Gluteus Medius Muscle Using US-Guided Barbotage Technique; A Case Report

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Background

❖ Calcific tendinitis is a common cause of joint pain and is characterized by the pathological mechanism of calcium hydroxyapatite deposition in the tendon. Although the causative mechanism of calcific tendinitis is not yet fully elucidated, it is thought to have a degenerative predisposition, and its prevalence increases with age. In the case of calcific tendinitis of the hip joint, limited range of motion is observed along with pain, and if it does not improve with conservative treatment, arthroscopic removal may be required.

❖ In this case report, the author reports the effect of a single-administered barbotage treatment for calcific tendinitis that occurred in the gluteus medius muscle.

Method

❖ A 68-year-old man visited our hospital complaining of right hip pain with an intensity of 8 on a numeric rating scale. A simple radiograph of the right hip showed a calcific nodule at the insertion site of the gluteus medius tendon. (Fig.1.)



Fig 1. (A) The hip AP view shows calcification adjacent to the right greater trochanter of femur. (B) Enlarged image for the calcification (Arrow).

❖ The stage of the calcific lesion was inferred through the characteristics of the findings confirmed on radiographs. Ultrasonography was performed and the results were combined to determine the appropriate stage to apply the barbotage technique.

Results

❖ The patient confirmed the pain relief effect after performing the intervention. (Fig.2.) After 1 month, it was confirmed that the calcific lesion was completely removed at follow-up radiograph.(Fig.3.)



Fig. 2. Axial ultrasound image (A) shows the calcification adjacent to greater trochanter and (B) the procedure of barbotage. (C) After the procedure, the sediment sunken under the syringe was observed.



Fig. 3. The lesion of calcification has been completely resolved after barbotage on the view of (A) follow up hip AP and (B) enlarged.

Conclusion

❖ We report the effective treatment of calcific tendinitis in the gluteus medius muscle with a single application of the barbotage technique.