

Heterotopic Ossification of the Deltoid after Arthroscopic Rotator Cuff Repair: A Case Report

Brett S. Sanders, M.D.[^]

Presenter: Reg B. Wilcox III, PT, DPT, MS, OCSⁱ

Laurence D. Higgins, M.D.[^]

**[^]Harvard Shoulder Service
Massachusetts General Hospital and Brigham and Women's Hospital
ⁱDepartment of Rehabilitation Services, Brigham and Women's Hospital
Boston, MA**

Heterotopic Ossification (HO) is a well known sequela of trauma, burns, head injury, and certain congenital or acquired metabolic conditions which has a predilection for the hip and elbow. This disease has uncommonly been reported after elective open shoulder surgery and in particular, reports have been extremely rare after minimally invasive surgery. To our knowledge there have been no reports of heterotopic ossification following arthroscopic rotator cuff (RC) repair in peer reviewed literature. The clinical importance of heterotopic bone after shoulder surgery remains uncertain due to inconsistent definitions, varying correlation of severity of symptoms with radiographic findings, and lack of data on efficacy of treatment. We present a case of severely symptomatic heterotopic bone formation after arthroscopic RC repair which was successfully treated with excision of the heterotopic bone, interval release, and manipulation.

Please Address Correspondence to:

Reg B. Wilcox III, PT, DPT, MS, OCS

Clinical Supervisor
Outpatient Service at 45 Francis Street
Department of Rehabilitation Services
Brigham & Women's Hospital

45 Francis Street
Boston, MA 02115
Phone: (617) 732-5304
Voice Mail: (617) 732-5500 x 32869
Fax: (617) 730-2884
Beeper#: 11712
e-mail: rwilcox@partners.org
www.brighamandwomens.org/rehabilitationservices

Clinical Instructor, Adjunct Faculty, Graduate Programs in Physical Therapy
MGH Institute of Health Professions
Charlestown Navy Yard, 36 1st Avenue
Boston, MA 02129
e-mail: rwilcox@mghihp.edu
www.mghihp.edu