# Ultrasound Guided Barbotage

Barbotage therapy is an established technique for the treatment of calcific tendonitis, the accumulation of calcium salts in a body tissue. It normally occurs in the formation of bone, but calcium can be deposited abnormally in soft tissue.

The calcium can cause chemical irritation, which leads to pain. The cause of the calcium build-up is not known. It tends to be more common in people between the ages of 30-60 years. Calcium deposits can disappear spontaneously, they can also be asymptomatic.




## What is involved?

Ultrasound guided barbotage therapy is an outpatient treatment to remove the calcium deposits. A diagnostic ultrasound scan is performed at the same time.

The skin is marked and sterilised and local anesthetic is given. Using the ultrasound image, a needle is guided into the calcification. The calcification will then be attempted to be aspirated/withdrawn. To encourage healing the calcification is punctured several times. Steroid may also be injected at the time of the procedure.

## Is it safe?

There is a very small risk of introducing infection and if you are allergic you may react to the drugs. As with any procedure that penetrates the skin, there is a small risk of bruising and bleeding (similar to a blood test) as well as infection.

## Does it hurt?

It can be a painful procedure, although with local anesthetic most people tolerate it.

## Does it always work?

There is a 60-70% chance of significant or complete improvement in symptoms and return to activities. (Silver et al, 2018)

## Can I drive afterwards?

You are advised to have somebody drive you home after the procedure as you may be in discomfort afterwards. You can return to driving the following day.

## Post procedure

You may find that your shoulder is more uncomfortable for a few days. You should continue using your usual painkillers (do not exceed your maximum dose) and performing the exercises you have been told to do.

You should have been made a follow-up appointment with a Physiotherapist, if this has not been arranged please contact the Physiotherapy department via the booking office on 01484 728941.

You should see your Physiotherapist about 2 weeks after the procedure. There are exercises you can be doing post procedure until you see your therapist detailed below.

You should seek medical advice (to exclude infection) if any of the following occur following your procedure:

- Your shoulder pain becomes much more severe
- The skin over the puncture wound becomes red and inflamed
- Your range of movement becomes much more restricted

Please note it may take several weeks or longer for the maximum benefit of the procedure to become apparent

## Any questions?

**Calderdale Royal Hospital**

Please call the X-ray Department on 01422 222295

**Huddersfield Royal Infirmary**

Please call the X-ray department on 01484 342700

## Cancellations

Telephone number 01422 222295 (Calderdale) / 01484 342700 (Huddersfield)
If you know that you will be unable to keep this appointment, please cancel as soon as possible, so that someone else on the waiting list can make use of it.

## Car parking

The hospital car parking is barrier operated for patients and visitors. We advise you to allow 30 minutes before your appointment to find a parking space and bring some change with you. Parking for Disabled Permit Holders is free of charge, but you will need to bring your Disabled document with you to the main hospital reception desk.

## Stretches

- **Overhead** - lie on your back and use your good arm to help the affected arm up above your head. Feel a stretch in your shoulder and hold for 20-30 seconds. Repeat 2-3 times.



- **External Rotation** - lie on your back with a rolled up towel under your elbow to support your arm. Hold a stick between your hands, keep elbows bent and use your good hand to push your affected hand out to the side. Push until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times.



- **Internal Rotation / Hand behind back** - hold a towel between your hands, use your good arm to pull the affected hand behind your back. Pull until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times



http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

**Reference:**

D.A.T. Silver, P. Dekimpe and T. D. Bunker.
Calcific Tendonitis of the Shoulder; Is there a place for Ultrasound Guided Barbotage or Extracorporal Shockwave Therapy as an alternative to surgery?
Journal of Bone and Joint Surgery - British Volume, Orthopaedic Proceedings. 2018, vol 84-B, Issue SUPP 11,193

## If you have any comments about this leaflet or the service you have received you can contact :

MSK (Musculoskeletal) Team
Calderdale Royal Hospital

Main switchboard: 01422 357171 Extension 2677

www.cht.nhs.uk

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"