



Calcific Tendonitis

Tendons can calcify, and the name for this condition is calcific tendonitis.

(a) Symptoms

Pain is severe on any movement at all. The most common site of occurrence is one of the rotator cuff tendons of the shoulder.

The problem may resolve spontaneously in a period of weeks, but if it becomes chronic referral to a medical practitioner is advisable.

(b) Cause

The medical opinion is that overt trauma is *not* a factor in the development of the disorder. However from the naturopathic viewpoint, nutritional imbalance in conjunction with inflammation due to repeated micro-trauma (perhaps due to overuse) is the key cause.

(c) Treatment

Medically speaking the best option is an injection of corticosteroids, which may dissolve the calcification. However in certain circumstances to be ascertained by a medical practitioner surgery may be required.

From the naturopathic viewpoint, regardless of whether the client's tissue calcium is excessive, adequate or depleted, calcium has a tendency to deposit into soft tissue if tissue magnesium levels are *low in comparison with* the calcium levels. Calcium deposits are most likely in areas of inflammation. Magnesium works with vitamin B6, so if nutritional therapy is contemplated to accelerate recovery, the two should be administered conjointly.

Please discuss your options with your practitioner.