

Heterotopic Ossification of the Humerus

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Case Presentation

The patient was a 29 year old active duty male who presented to a direct access sports medicine physical therapy clinic after six weeks of right arm pain. His pain began during a soccer game after another player ran into him, hitting him directly over the upper one-third of his right humerus. After being examined his rotator cuff, labrum, and glenohumeral joint were ruled out as potential pain generators. Direct pressure with palpation over his deltoid tuberosity and manual muscle testing in shoulder abduction where the only test that reproduced his symptoms. During the subjective portion of the examination the patient reported a history of right arm pain from playing football in high school at which time he reportedly had increased bone growth in his humerus secondary to repeated trauma from being hit with shoulder pads and football helmets. At that time he was treated with therapeutic ultrasound for several weeks after which his symptoms were somewhat resolved. He denied any pain in this area for the previous 10 years prior to this exacerbation.

Due to the concern for potential heterotopic ossification (HO) the physical therapist ordered a series of plain films that consisted of anterior-posterior (AP) and oblique views of the humerus in addition to a shoulder series that included an AP and lateral view.

The humerus series demonstrated a significant amount of HO located over the deltoid tuberosity as demonstrated in Figure 1. The patient was then referred to an orthopedic surgeon for follow on care and consultation with instructions to resume activity to tolerance.

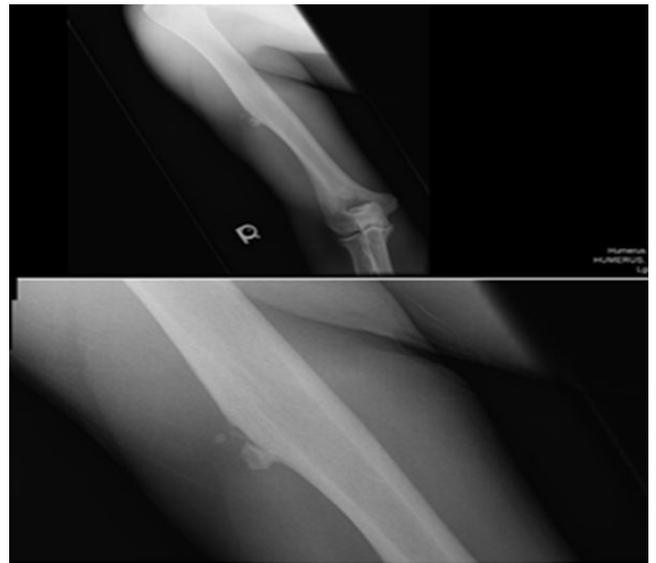


Figure 1: Anterior-to-posterior radiograph of the humerus demonstrating heterotopic ossification at the deltoid tuberosity.

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