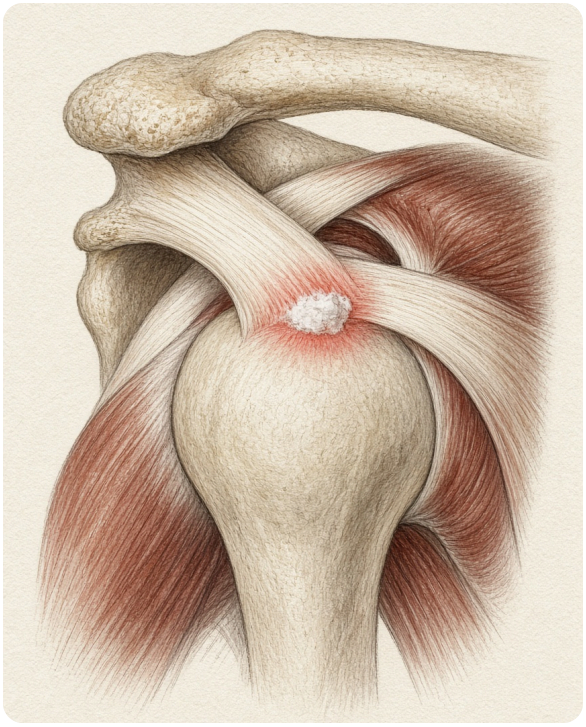
ARMIN PHYSIO



PATIENT GUIDE

Calcific Tendinitis

Sudden, severe shoulder pain? It could be **calcific tendinitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is calcific tendinitis?

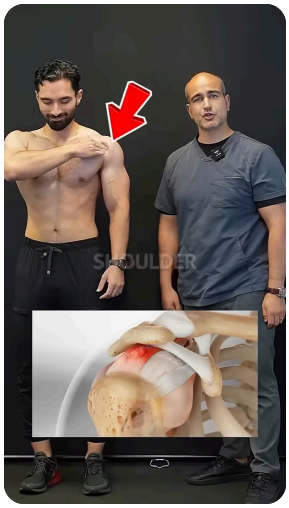
Calcific tendinitis happens when calcium deposits build up inside the rotator cuff tendons, most often the supraspinatus, causing irritation and sometimes significant pain. Gradually improving shoulder mobility, rotator cuff strength and shoulder blade stability can help bring back movement and function.

QUICK CHECK

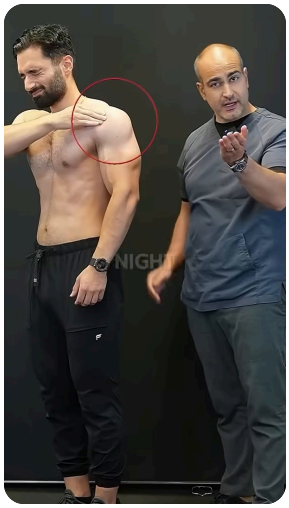
Does this sound like you?

- [ ] **Sudden and significant pain** in your shoulder
- [ ] A **significant reduction in your range of motion** because of pain
- [ ] **Throbbing pain at night**, or when lying on your shoulder
- [ ] **Sharp pain** along the front or outside of the shoulder
- [ ] Pain when **lifting your arm overhead**

If you ticked a few boxes, calcific tendinitis could be the problem. Try the 4 exercises on the next pages.



Sudden, significant pain in the shoulder



Throbbing pain in the shoulder at night

YOUR 4 EXERCISES

Try these exercises

1 Dowel circles

Regains your range of motion





1. Place your **affected hand on the dowel**.
2. Place your **unaffected hand on top**.
3. Use the unaffected hand to **move the dowel** like so, in a circle.
4. Go **as much as you can tolerate** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if pain is sharp or keeps building, or stays worse for hours afterward.

2 Dowel-assisted raise

Pushes the arm out to the side and up in front







1. **Hold on to a dowel** like so.
2. Use your unaffected hand to **push the affected hand out to the side** (abduction).
3. **Come back down**, then go **up in front** (flexion).
4. Do **as much as you can tolerate** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if pain is sharp or keeps building, or stays worse for hours afterward.

3 Pillow press

Activates the shoulder muscles without moving the joint





1. Place a **pillow between your body and the wall**.
2. From here, **press your arm into the pillow** just like so, activating those muscles.
3. Relax and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

> *"Activating those muscles, keeping them alive."*
> — Armin

Stop if pain is sharp or keeps building, or stays worse for hours afterward.

4 Resting position: pillow under the arm

Puts the shoulder in a resting position to ease pain



1. While you're **sitting, or even at nighttime**, place a **pillow underneath your arm** just like so.
2. This puts the shoulder in the **resting position**.

> *"It'll significantly lessen your pain."*
> — Armin

Use it **while sitting or resting**, and at night

From Armin's video

Stop if it increases your pain, or you notice numbness or tingling in your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Mobilize
Dowel circles, 3 sets of 10–15

02
Raise
Dowel-assisted raise, side and front, 3 sets of 10–15

03
Activate
Pillow press, 3 sets of 10–15

04
Rest
Pillow under the arm while sitting and at night

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Work within a tolerable range. During severe flare-ups, don't force painful movements.

Stop the exercise if you notice

- Sharp pain that keeps building as you go
- Pain that lingers or is worse the next day
- Numbness, tingling or weakness in your arm

Some cases need treatment beyond exercise. If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

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Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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