

HETEROTOPIC OSSIFICATION



WHAT IS IT?

- The formation of bone inside soft tissue structures, where it's not supposed to be
- It is extra-articular, so it occurs outside of the joint capsule



ANATOMY/PATHOPHYSIOLOGY

- Exact pathophysiology is unknown
- Usually comes from a period of immobilization or traumatic injury to that bone or to the affected area of the body



PRESENTATION

- Swelling, redness, warm to the touch
- Similar to a DVT presentation
- Presents similarly to an infection within that area, such as thrombophlebitis, osteomyelitis, cellulitis, sepsis, septic arthritis
- Can present as a fracture, trauma, bruise, hematoma



SPECIAL TESTS

- XRay (gold standard)
- Bone scan



TREATMENT EXAMPLES

- As the PT you can't change the bone formation once it occurs
- Maintain ROM of the joint/area
- Maintain strength
- Prophylaxis is important: before HO occurs, you want to make sure you are paying attention to maintaining ROM with positioning, splinting/bracing early on to avoid HO development



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