Heterotopic Ossification

Heterotopic ossification is a condition in which bone grows within soft tissue, impeding the normal function of muscles, tendons, and ligaments. Heterotopic ossification can develop in people in response to a traumatic injury, including severe head injuries, spinal cord injuries, war injuries, and even hip replacements. It can also be a genetic disease.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases
http://cdm16039.contentdm.oclc.org/cdm/ref/collection/p266101coll7/id/841
https://craighospital.org/resources/heterotopic-ossification
Craig Hospital: Heterotopic Ossification
http://emedicine.medscape.com/article/327648-overview
eMedicine: Heterotopic Ossification
eMedicine: Heterotopic Ossification in Spinal Cord Injury
http://emedicine.medscape.com/article/326242-overview
eMedicine: Posttraumatic Heterotopic Ossification
http://www.uab.edu/medicine/sci/daily-living/managing-personal-health/secondary-
medical-conditions/heterotopic-ossification
University of Alabama at Birmingham’s Spinal Cord Injury Information Network: Heterotopic Ossification
Online Videos

http://www.uab.edu/medicine/sci/uab-scims-information/secondary-conditions-of-sci-health-education-video-series

University of Alabama at Birmingham’s Spinal Cord Injury Information Network: Bone Health (19 minutes) This video can be watched at their website.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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