



Heterotopic Ossification

Heterotopic ossification (HO) is a build-up of calcium similar to bone around the joints in the body. It causes decreased range of motion in that joint. It can affect the knees, elbows and shoulders but is most commonly found in the hip joint. The cause is unknown.

Signs of HO

- Redness, stiffness, decreased ability to move the affected joint
- Swelling of the joint and in the area near the joint
- Fever and pain
- Call the doctor right away if signs of HO are present.

There is no known way to prevent HO.

The doctor may prescribe a certain medication to prevent new bone growth.