



# 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

## Websites

### **Cleveland Clinic: Heterotopic Ossification**

<https://my.clevelandclinic.org/health/diseases/22596-heterotopic-ossification>

### **Craig Hospital: Heterotopic Ossification**

<https://craighospital.org/resources/heterotopic-ossification>

### **Medscape: Heterotopic Ossification**

<http://emedicine.medscape.com/article/327648-overview>

### **University of Alabama at Birmingham's Spinal Cord Injury Information Network: Heterotopic Ossification**

<http://www.uab.edu/medicine/sci/daily-living/managing-personal-health/secondary-medical-conditions/heterotopic-ossification>

## Online Videos

### **Gaylord Spinal Cord Injury Education Series: Heterotopic Ossification (1.5 minutes)**

<https://www.youtube.com/watch?v=xNkq7fN58Rc>

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