INJECTION SITES

Checklist

CARPAL TUNNEL

Dorsiflex the wrist 30° and rest it on a rolled towel or other support

I dentify the palmaris longus tendon by having the patient flex the middle finger against resistance

Insert needle at distal wrist crease either on the medial or lateral side of palmaris longus tendon

TROCHANTERIC BURSA

Position patient in supine position

Locate greater trochanter, the most superior prominent portion of the femur

Tenderness here generally denotes a trochanteric bursitis

Direct needle perpendicular to femur until bone is felt

Withdraw 2-3 cm and inject

If patient is still experiencing pain after 5 minutes, a more distal injection or an injection at the areas of greatest tenderness may be necessary



ARTHROCENTESIS & JOINT INJECTION Checklist

POSITION THE PATIENT

Both physician and patient should be comfortable

IDENTIFY THE INJECTION SITE Differs for each injection

PREPARE INJECTION SITE

Clean area 3X with povidone-iodine, wipe with alcohol

Spray site with ethyl-chloride (optional) With 5/ 8 inch 25 gauge needle inject xylocaine to form wheal

Insert needle, inject xylocaine along path of needle

REMOVE SYNOVIAL FLUID

Prepare aspirating syringe with 1.5 inch 18 gauge needle

Direct needle through wheal into joint Stabilize syringe with the non-dominant hand Gently aspirate as much fluid as possible

INTRODUCE STEROIDS (when indicated)

Separate syringe from needle, keeping needle in joint

Attach a pre-filled steroid syringe

- Gently inject medication, remove needle
- Apply firm pressure with gauze

Clean area and apply band aid