Ultrasound guided injection of the shoulder joint
Posterior, medial to lateral approach

Patient position: Sitting or Side Lying

Arm position: Shoulder in horizontal adduction in 90 degrees of flexion (as pain and range allows)

Ultrasound image: Longitudinal view of the Infraspinatus tendon, enables you to view the rounded cortex of the posterior aspect of the humeral head. Here you will see any joint effusion.

Injection approach: In plane, medial-lateral, aim to target the pocket of effusion superior to the posterior labrum.
Suggested needle: Green 21 G 2"

The information is not intended as professional or other advice. Nor is it intended to be a substitute for possession of an appropriate level of training, qualifications, skill and experience in the matters covered. You rely on such information at your own risk.