Ultrasound guided injection of the shoulder joint
Lateral - medial approach

When to use - Frozen shoulder, more technically demanding approach

Patient position: Sitting or Side Lying

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

Injection technique: In plane technique

Ultrasound: Longitudinal view of the Infraspinatus tendon, move the probe inferiorly to visualise the tendon and MTJ of Teres Minor. Insert needle from anterolateral to medial entering the joint capsule before injecting.

Suggested needle: Green 21 G 2", Spinal 27G 3 1/2"

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.