Ultrasound guided medial knee injection

Patient position: Sitting or lying

Knee position: Position the knee in slight flexion, supported. Externally rotating the knee will also improve access, and assist needle visualisation.

Ultrasound: Obtain a view of the femoral condyle and the patella, highlighting the recess deep to this.

Injection technique: In plane technique from a medial approach, ensuring you visualise the needle tip to within the joint capsule.

Suggested needle: Green needle 2 inch