



1. Overview

- Joint injection involves arthrocentesis or steroid injection of a joint for diagnostic or therapeutic purposes. The goals of joint injection include diagnosis, decreased pain or swelling, and improved mobility for the adult patient.

2. Goals:

1. Identify evidence-based resources for performing joint injections.
2. Determine indications and contraindications for joint injections.
3. Identify elements of informed consent for procedure.
4. Demonstrate proper technique in performing knee and shoulder injection using a simulation model.
5. Describe post procedure management including wound care, warning signs, and follow-up instructions.

3. Reference(s)

- [Cato, R. K. \(2016\). Indications and Usefulness of Common Injections for Nontraumatic Orthopedic Complaints. Medical Clinics of North America, 100\(5\), 1077-1088.](#)
- [Monseau, A. J. & Nizran, P. \(2013\). Common injections in musculoskeletal medicine. Primary Care Clinical Office Practice, 40, 987-1000.](#)

4. Required Reading / Review

- Joint Injection PowerPoint on CSI Website

From [UA library home page](#) search for [STAT!Ref](#) then search for [Essentials Evidence Plus & AHFS DI Essentials](#) locate the following topics:

- [Knee Pain](#)
- [Knee Injection](#)
- [Shoulder Pain Evaluation](#)
- [Subacromial Bursa Injection](#)

5. Videos that will be viewed at the workshop:

- Knee (lateral): <https://vimeo.com/89955918>
- Posterior shoulder injection: <https://www.youtube.com/watch?v=OAeOEc-X0kU>
- Subacromial injection– lateral approach: <https://www.youtube.com/watch?v=-Wz2abLFmck>

6. Required Procedure Competencies

- Identify anatomical landmarks on simulation model.
- Simulate sterile, no touch bacteriocidal prep
- Insert needle into model in correct location and with appropriate angle.
- Confirm proper needle placement
- Draw syringe back and simulate medication administration
- Withdraw needle from model and replace cap