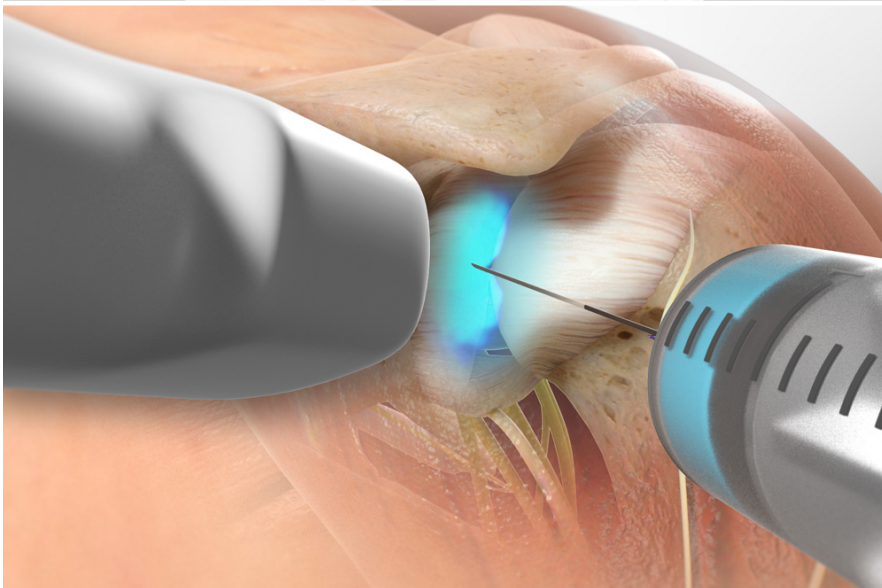
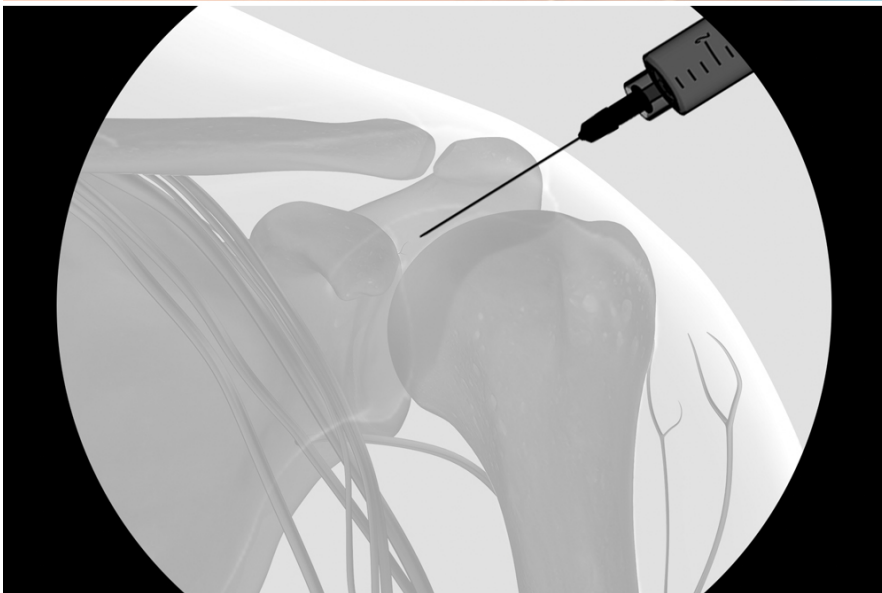
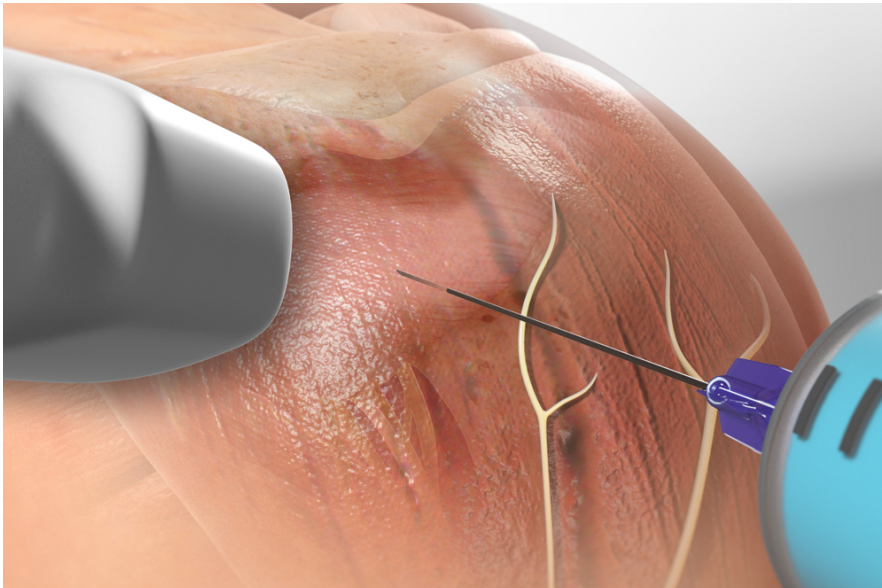




## Glenohumeral Joint Injection



### Overview

This is an injection of medicine into the shoulder joint. It relieves pain and inflammation. It helps us manage conditions like arthritis and adhesive capsulitis.

### Preparation

To begin, you sit or lie down (your position depends on where we do the injection). We inject some medicine to numb your skin and tissue. Then, we push a larger needle through this numbed tissue. There are a few methods to guide the needle. We could use an ultrasound wand held against your skin. Or, we may use a video x-ray device called a "fluoroscope." It gives us a clear view of the needle inside your body. We carefully guide the needle to the space between the head of the humerus and the socket. If we're using a fluoroscope, we may inject some contrast dye to make sure it's placed correctly.

### Injection

Now we inject the medicine, bathing the joint space. This medicine is designed to reduce pain and inflammation.

### Conclusion

When it's done, we put a small bandage on your skin. We watch you for a brief time, then you can go home. It may take a few days or longer for the medicine to give you full relief. Follow your care plan during this time.