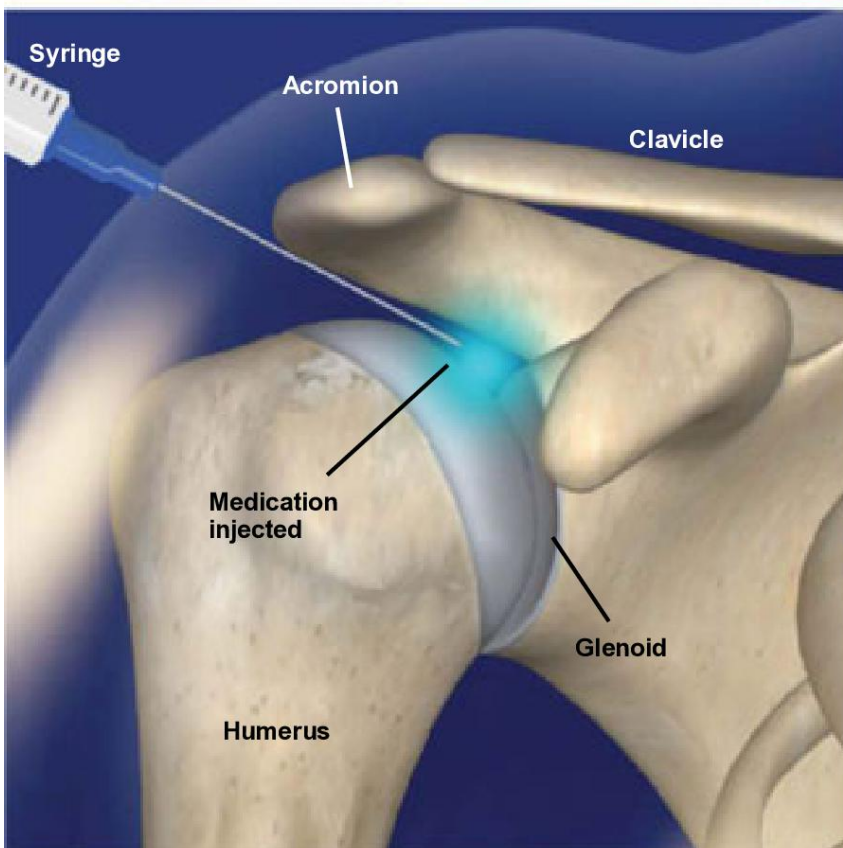
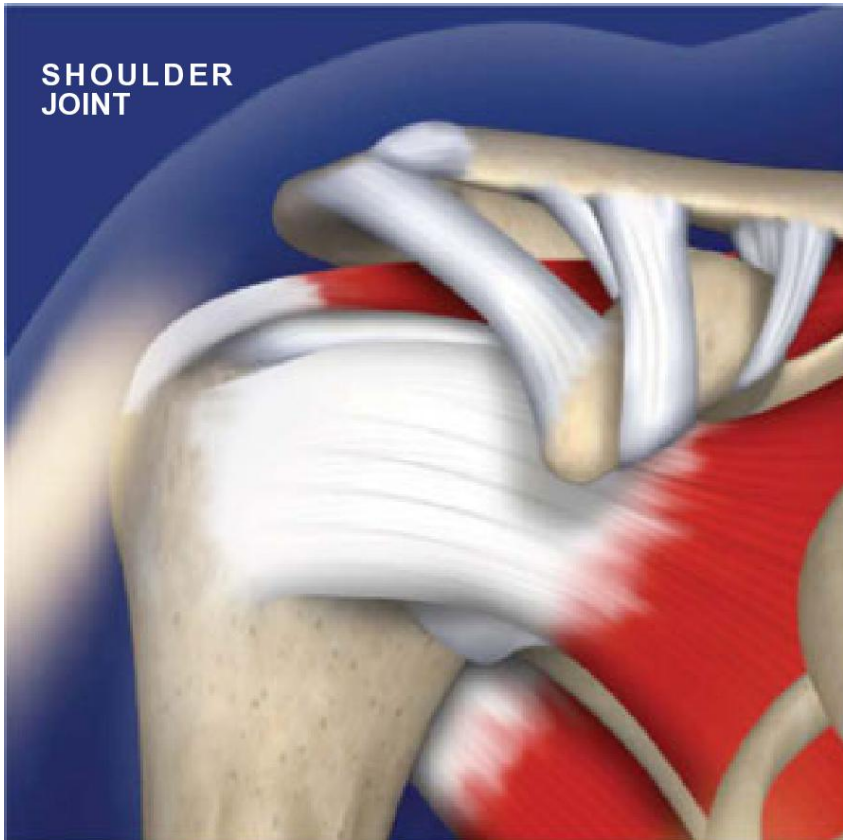




Glenohumeral Joint Injection



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.