

## Joint Injection (Therapeutic, Shoulder)



### Overview

This outpatient injection procedure relieves pain in the shoulder and arm caused by arthritis, injury or disorder.

### Preparation

In preparation for the procedure, the shoulder is cleansed and sanitized. Local anesthetic is administered to numb the tissue at the injection site. The physician may choose from multiple needle approaches, depending on which part of the shoulder requires treatment.

### Needle Insertion

The physician carefully guides a needle into the shoulder joint. The physician may guide the needle with the help of an x-ray device called a fluoroscope. If so, the physician may inject contrast dye to confirm the needle's placement.

### Pain Relief Injection

When the needle is in position, the physician injects a mixture of anesthetic and steroid medication. The medication will help reduce inflammation and relieve pain.

### End of Procedure

When the injection is complete, the needle is slowly withdrawn. The injection site may be covered with a small bandage. For many patients, extended pain relief begins within two to three days of the injection. In some cases it may be necessary to repeat the procedure one or more times to receive the full benefit of the treatment.

