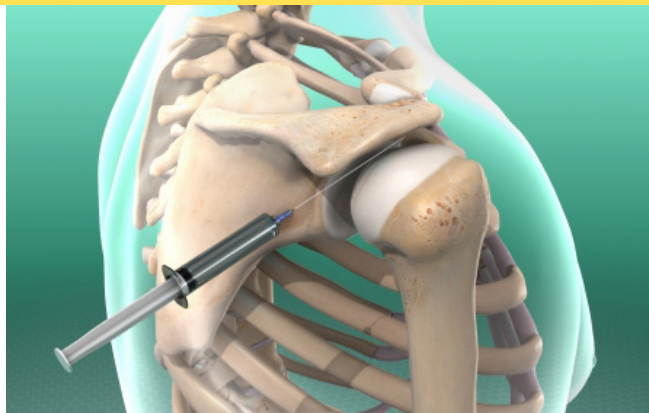


Subacromial/ Subdeltoid Bursa Joint Injection



The goal of this procedure is to reduce shoulder pain through the injection of a local anesthetic and corticosteroid.

Duration

Less than 15 minutes

How is it performed?

Prior to the injection, the injection site (either the back, or side of the shoulder) will be cleansed. You will be seated in the upright position with your arm resting on your side. Ultrasonic guidance may be used to help your physician will ensure proper needle placement. Once ensure the needle is in the correct spot, a mixture of local anesthetic and steroid will be injected.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Infection
- Increased pain
- Weakness

You may continue taking all medications before the procedure.

What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first 2-3 days after the injection.

You should resume normal activities following the procedure. Slowly ease back into exercise routines over one to two weeks. You may resume regular eating habits immediately.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

Conditions treated

You might benefit from a subacromial joint injection if you suffer from:

- Impingement syndrome
- Shoulder pain
- Rotator cuff injury

To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

- for McCullough-Hyde Ross Medical Center, call 513 246 7182*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958*

*Please note these numbers are for scheduling only

To ask other questions

Please call 513 246 7000. Select Option 3 three times.