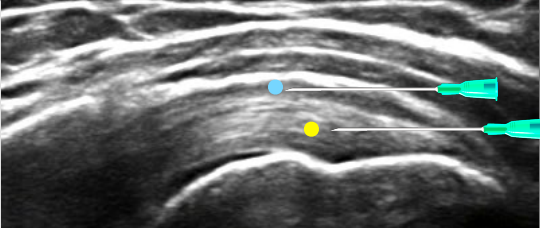
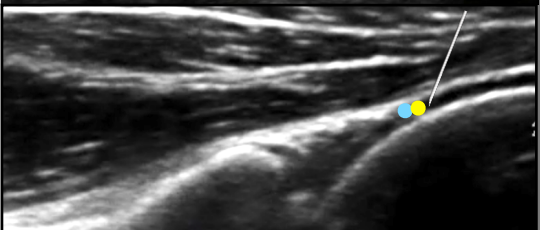
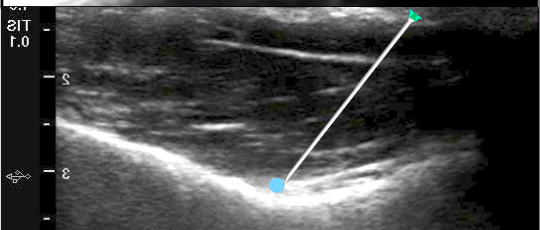
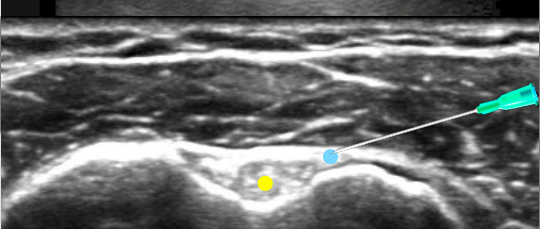
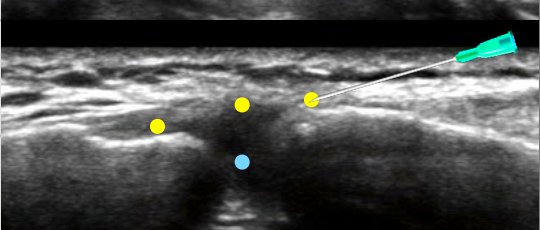
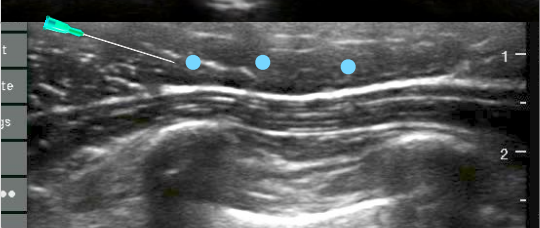
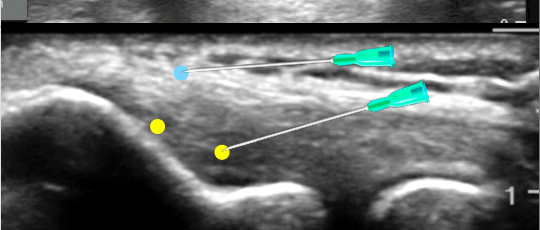
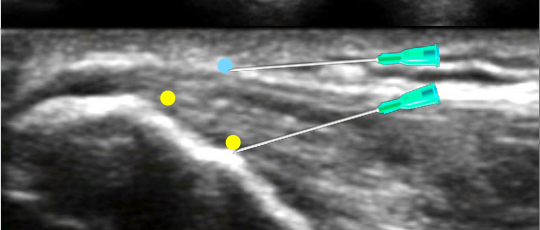
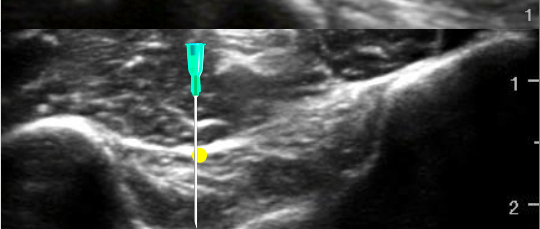
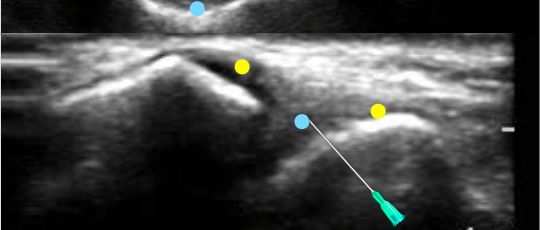
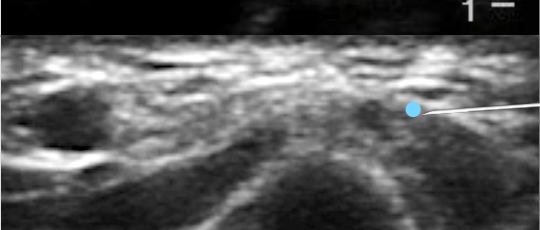
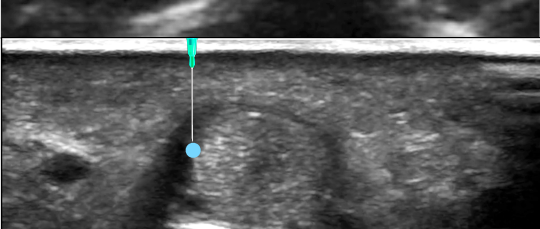


SPORTS MEDICINE
ULTRASOUND



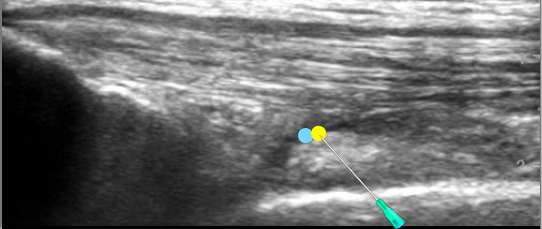
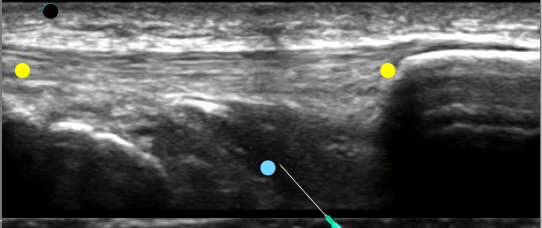
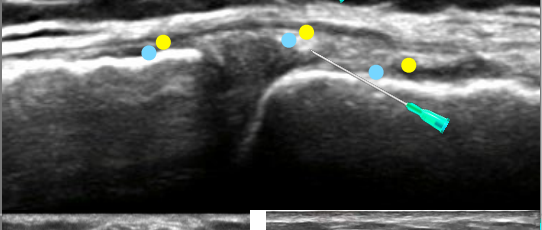
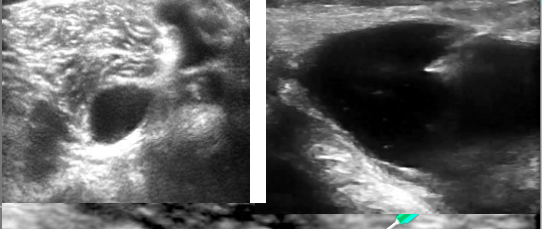
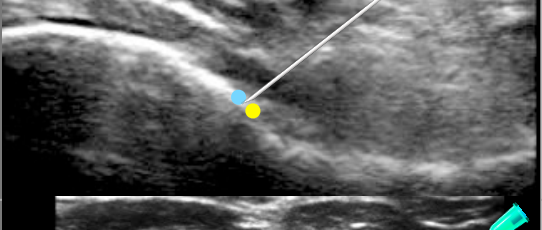
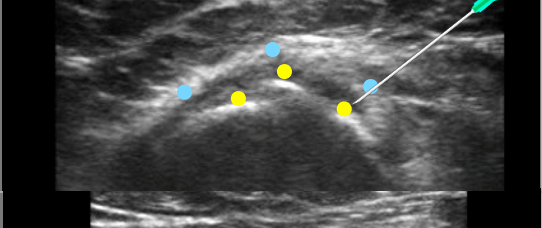
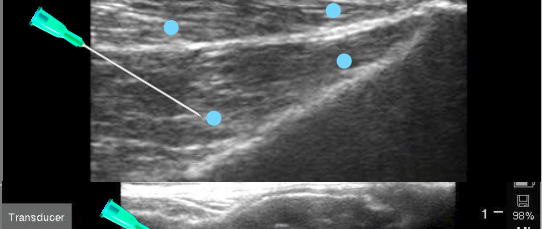
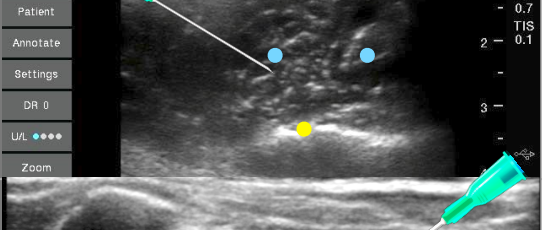
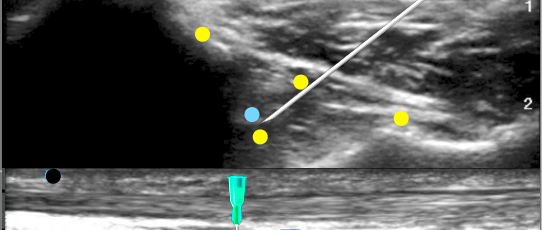
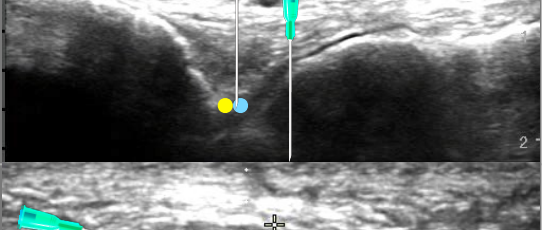
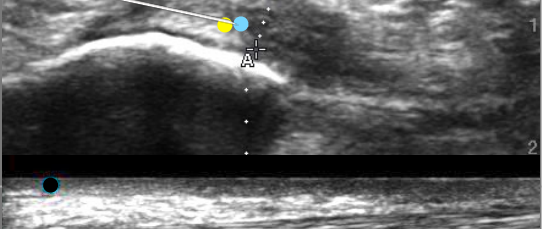
Ultrasound-Guided Injections

Target	Patient	Table & US	Probe & Needle	US Image ● Cortisone ● PRP / Prolo
SA Bursa 3mL 40Tri 25x1.5	Lying supine, patient very near	Table MAX height	45° with medial edge pointed to ear	
Supra Tendon Prolo/PRP 25x1.5	Hand on table, palm up	Machine across the table at the ear	Inject in plane With needle horizontal	
Glenohumeral Joint 3mL 40Tri 21x2 or 25x2	Side lying towards you Patient very near to you	Table low Machine across the table from you	Clearest view of glenoid in middle and “toe in” Inject in plane pointed ~80° down	
Frozen Shoulder Suprascap Nv. 3mL 40Tri 21x2 or 25x2	Side lying towards you Patient very near to you	Table low Machine across the table from you	Slide medial from the glenoid and “toe in” Inject in plane pointed ~60° down	
LHB Tendon 1mL 10Tri 25x1.5	Lying supine, patient very near Hand on table, palm up	Table MAX height Machine across the table at chest	Transverse on intertubercular groove Inject in or out of plane	
AC Joint 1mL 10Tri 25x1.5	Lying supine, sit at head of bed Hand on table, palm up	Table medium Machine same side at patient’s waist	Start long on clavicle and slide to acromion Inject out of plane 45° towards feet	
Trapezius Trigger Points 10mL 30x1 Lido1+Bup0.5	Patient seated at end of table, facing side of table	Table MAX low Machine directly facing patient, at patient’s feet	Position 2 ribs in view in short axis Inject in or out of plane	
Lateral Elbow 1mL 10Tri / 3Dex 25x1	Supine, patient near to you Inject the far elbow	Table medium Machine across the table from you	Tip of epicondyle in centre of screen then just slide proximally Inject in plane	
Medial Elbow 1mL 10Tri / 3Dex 25x1	Side lying towards you Inject the near elbow	Table medium Machine same side at patient’s waist	Tip of epicondyle in centre of screen then just slide proximally Inject in plane	
Elbow Joint 3mL 20Tri 25x1.5	Side lying away from you Inject the top elbow	Table low Machine across the table from you	Long on humerus with olecranon in view then rotate 90° Inject out of plane	
Thumb Joint 1mL 10Tri 27x0.5	Supine with patient far away from you	Table high Machine across the table from you	Long on metacarpal then slide until it ends Inject out of plane	
De Quervain’s 1mL 3Dex 27x0.5	Supine with patient far away from you	Table very high Machine across the table from you	Short on radial artery Inject in plane from dorsal toward the artery	
Trigger Finger 1mL 10Tri 27x0.5	Supine with patient near to you	Table medium Machine across the table from you	Long on tendon, find pulley proximal to MCP Inject in plane	

SPORTS MEDICINE

ULTRASOUND

Ultrasound-Guided Injections

Target	Patient	Table & US	Probe & Needle	US Image
				● Cortisone ● PRP / Prolo
Knee Joint 3mL 40Tri 25x1.5 21x1.5 for Visco	Lying supine Knee at 30°- 70° flexion	Table very high Machine across the table from you	Long on quads tendon, then rotate 90° Inject in plane short on quads tendon	
Anterior Knee Pain 3mL 20Tri 30x1	Lying supine Knee at 30° flexion	Table very high Machine across the table from you	Long on patella tendon, then rotate 90° Inject in plane short on patella tendon	
Medial Knee Pain 3mL 10Tri 25x1	Lying supine Femur externally rotated 30°	Table low Machine across the table from you	Long on MCL Inject out of plane at tib, meniscus, femur	
Baker's Cyst 3mL - 30x1, then 18x1	Lying prone Pillow under patient's ankle	Table low Machine across the table from you	Short on medial gastroc then rotate to long axis Inject in plane, from distal to proximal	
Hip Joint 3mL 40Tri 22x3.5 18 or 20x3.5 for Visco	Lying supine Femur naturally externally rotated	Table very high Machine across the table at chest level	45° from pubic symphysis to greater trochanter Inject in plane	
Hip Bursae & Tendons 5mL 40Tri 21x2	Side-lying away from you Inject posterior to anterior	Table medium Machine across the table from you	Short on the "pointiest bit" = apex of greater trochanter Inject in or out of plane	
Gluteus Trigger Points 10mL 5Dex 27x1.5	Side-lying away from you Inject posterior to anterior	Table low Machine across the table from you	Transverse on edge of PSIS or PIIS at pointed laterally Inject in or out of plane	
Lumbar Trigger Points 10mL 5Dex 27x1.5	Lying prone Inject the side near you	Table low Machine across the table from you	Transverse on spinous process pointed laterally Inject in or out of plane	
SI Joint 5mL 40Tri 22x3.5	Lying prone Inject the joint far from you	Table medium Machine across the table from you	Transverse on edge of PSIS or PIIS and pointed medially Inject in plane	
Ankle Joint 3mL 20Tri 30x1 21x1.5 for Visco	Lying supine, patient very near Inject the foot far from you	Table medium Machine across the table from you	Long on tibialis anterior Inject out of plane	
Plantar Fascia 1mL 10Tri 25x1.5	Lying supine, patient very near Inject the foot far from you	Table MAX height Machine across the table from you	Long on calcaneus towards foot then rotate 90° Inject in plane medial to lateral	
Achilles Tendon 2mL 3Dex 25x1	Lying prone, patient very near Inject the foot near to you	Table MAX height Machine across the table from you	Long on achilles then rotate 90° to short Inject in plane (but this image only shows the starting image of long on the tendon)	