

Orthopedic Injection Workshop

Discuss the anatomical structures of the upper extremity

Shoulder including the humerus, scapula, acromion, glenohumeral joint, acromioclavicular joint & rotator cuff

Elbow including the distal humerus, medial epicondyle, lateral epicondyle & ulnar nerve

Wrist and hand including carpal bones, first dorsal compartment & the basal joint

Discuss indications for upper extremity injections – shoulder, elbow, wrist & fingers

Shoulder impingement

Glenohumeral joint osteoarthritis

Lateral epicondylitis

Medial epicondylitis

DeQuervain's syndrome

Basal joint osteoarthritis

Trigger fingers

Discuss the anatomical structures of the lower extremity

Knee – bony anatomy, soft tissues, nerves/vascular structures

Ankle – bony anatomy, soft tissues, nerves/vascular structures

Foot – bony anatomy, soft tissues, nerves/vascular structures

Discuss indications for lower extremity injections – knee, ankle & foot

Osteoarthritis

Fluoro vs. non-fluoro injections

Plantar fasciitis

Injections vs. surgery

Neuromas

Injections vs. surgery

Nerve blocks

Diagnostic Procedure

Discuss techniques used to administer cortisone

Medications used, ratio of steroid to anesthetic agent

Chondrotoxicity with Bupivacaine

Sterile technique

Demonstration of the techniques used to administer cortisone for pathologies

Discuss the risks associated with cortisone injections

Anatomical structures

Complications

Side effects

Demonstrate the techniques & procedure for joint injection

Anatomical models

Proper technique & procedure