Carpal Tunnel Injection

**Indications:**
- Carpal tunnel syndrome

**Contraindications:**
- Lack of consent, allergy to medication, overlying skin infection

**Equipment:**
- 3ml syringe
- 1 ml -1% lidocaine
- ½ ml kenalog (40mg/ml)
- 25G 1 ½ inch needle
- betadine swabs
- alcohol swabs
- ethyl chloride spray

**Procedure tips/troubleshooting:**
- Mark the injection site prior to cleaning skin.
- Do not get needle too close to ethyl chloride spray, this can result in a frozen needle.
- If you encounter resistance during advancement of needle or while administering medication, reposition needle and proceed.
- If the patient experiences any paresthesias, numbness, tingling in the median nerve distribution, reposition the needle and proceed.