Subacromial Injection

**Indications:**
(Pain relief for)
- Impingement syndrome
- Bursitis
- Rotator cuff tendonitis
- Rotator cuff tear

**Contraindications:**
- Absolute- lack of consent, allergy to medication, overlying skin infection
- Relative- coagulation disorder, uncontrolled DM

**Equipment:**
- 10ml syringe
- 7ml -1% lidocaine
- 1ml kenalog (40mg/ml)
- 25G 1 1/2 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.
- Use the coracoid process as a guide for needle trajectory.