

Dr. Myeroff's Injection Information Sheet

- Site of injection: Right / Left
 - Glenohumeral (shoulder) Joint
 - Subacromial (bursa) Joint
 - Acromioclavicular (AC) Joint
 - Other _____

- Use for injections:
 1. To provide pain relief and jumpstart your rehab.
 2. Your response to an injection helps make the correct diagnosis.
 - Even extremely brief, but significant, relief is supportive of my diagnosis.
 - If it doesn't help even for a minute, we should discuss:
 - Trying the same injection under image guidance.
 - Continue to look for a different cause of your pain.

- The Procedure
 - I sterilize the skin and use a cold spray that can decrease the pain.
 - Use of two medications:
 - Marcaine – A local anesthetic that will numb the inside of the shoulder for up to 8 hours.
 - Make sure not to “over-do it” that day.
 - DepoMedrol – A steroid (acts like a high dose ibuprofen) that will start working about 2 days later. There may be a 2-day gap where your pain may be worse.

- Injections can provide anywhere from 0-3 months of pain relief.
 - **Your Homework:** Please keep a log for your next appointment:
 - **How long did the injection help?** _____
 - **How much relief did you have?** _____ %

- Repeat injections can be performed depending on how helpful they are:
 - For arthritis: Injections can be repeated up to 4 times per year safely.
 - For impingement, rotator cuff tears, biceps tendinopathy, SLAP tears:
 - 1-2 injections max to avoid further tendon degeneration
 - Used to help make the diagnosis and jumpstart physical therapy

- What are the risks?
 - Injections can buy you months or even years of pain relief but benefits decrease over time.
 - While it is slightly uncomfortable, most patients find it quite tolerable.
 - If you have diabetes, the steroid can increase your blood sugars for several days.
 - Rarely they can cause depigmentation of the skin
 - In general steroids can weaken tendons and ligaments over time
 - There is roughly a 1:10,000 risk of infection
 - Injections are forbidden within 3 months of a shoulder replacement

- How to schedule?
 - Call the clinic to schedule with me at any time.
 - TRIA 952-831-8742
 - Health Partners Specialty Center: 651-254-8300
 - Request an order for image guided injection performed by one of our radiologists or non-operative providers to be done at your convenience.

