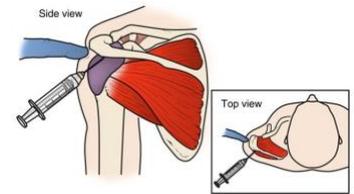


Dr. Myeroff's Injection Information Sheet
twincitiesshoulderandelbow.com/injectionvideo/

Scan this code with your camera phone to view Dr. Myeroff's injection video.



- Site of injection: Right / Left
 - Glenohumeral (shoulder) Joint
 - Subacromial (bursa) Joint
 - Acromioclavicular (AC) Joint
 - Other _____
- Benefits
 1. To jumpstart your rehab by providing pain relief.
 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.



<https://orthoinfo.aaos.org/en/diseases--conditions/rotator-cuff-tears/>

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.