

Ketan D. Vora, D.O., P.C.

Tel #: 1-877-SPINE-DR

Fax: (347) 708-8499

PROCEDURE Note: Right subtalar steroid injections under ultrasound guidance

Name: Francisca Atempa

Date: 07/15/2022

Location: Cruz Banting Imelda MD PT, North Bronx

DOB: 10/4/1974

Diagnosis: M77.50 - Other enthesopathy of unspecified foot, S93.4 Sprain of ankle

Technique: After obtaining informed consent, the patients muscle(s) were palpated for the painful area of complaint.

The following was done:

A soft recess just distal to the lateral maleoli was palpated. The area was marked at the injection site with the pen tip in order to leave an impression in the skin. The skin was thoroughly cleaned with betadyne then alcohol. Perform with the patient in a seated position with the ankle supinated. An anterolateral approach was used, under ultrasound guidance with color dopplar on, the 25g 1 1/4 inch needle was advanced into the subtalar joint. Color dopplar used to ensure that no vessels were penetrated. Special care was made to avoid all vessels. Aspiration was done to make sure vessels were not penetrated. After negative aspiration, the full contents of the syringe was injected, and then band-aid was applied.

The injectate included the following mediations.

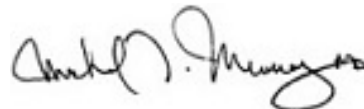
1 cc of 40mg/ml of depomedrol

1 cc 1% lidocaine

The patient tolerated the procedure well with no adverse events.



Rehan Khan, FNP-BC
RK/AEI



Michael Murray, MD