**PROCEDURE NOTE: Left Shoulder injection with sonographic guidance**

**PREPROCEDURE DIAGNOSIS**: Shoulder Pain and Sprain (S43.409, M25.519)

**POSTPROCEDURE DIAGNOSIS:** Same as preoperative diagnosis.

**INJECTION PROCEDURE:**Left shoulder intra-articular steroid injection with Sonographic Guidance.

**DESCRIPTION OF PROCEDURE:**

The patient was identified and was found to be stable. The risks, benefits and side effects were explained to the patient. All questions have been answered. Informed consent was obtained. The patient was put in the appropriate position. The injection field was prepped and draped with usual sterile technique. The posterior interspace between the acromion and the superior aspect of the humeral head was identified clinically and verified via ultrasound technique. Ultrasound was used to guide the needle into the subacromial bursa and negative aspiration of blood was confirmed. Subsequently a subacromial injection into the shoulder was performed under sterile procedure. Under sonographic guidance, a 25-gauge needle was advanced to the shoulder joint atraumatically and a negative aspiration was confirmed. After repeated negative aspiration, a mixture of 4 ml of 1% Lidocaine and 4 mg of dexamethasone was injected in the joint.

The patient tolerated the procedure well without any apparent difficulties or complications. Patient was discharge home in good condition. Instructions were given to the patient.