

## **Injecting Big Joints**

### Importance

Tendonitis of the shoulder and osteoarthritis of the knee are very common conditions. Steroid injections can benefit pains resulting from tendonitis and bursitis of the shoulder and knee osteoarthritis.



### Objectives

After this hands-on workshop, you should be able to successfully inject the following sites:

- 1- Subacromial bursa
- 2- Acromioclavicular joint
- 3- Glenohumeral joint
- 4- Bicipital groove
- 5- Knee joint
- 6- Indication and counter indication for injection
- 7- Complications
- 8- Amount and type of material injected

### Program

1. Introduction
2. Video Review of Shoulder Injection
3. Anatomy of the Knee Joint
4. Hands-on Injecting Models

