Knee injections – only for osteoarthritis

RHH Medical Ltd summary of assessment, technique and post injection advice

December 2019

## Assessment

Osteoarthritis signs and symptoms. X ray findings and PF crepitus or medical JL tendernes

## Injection

5 mls injection

**Anterior approach**



<https://www.youtube.com/watch?v=nHGsN1ZeWrI> for anterior technique (Rheum tutors)

**Lateral approach**





f <https://www.youtube.com/watch?v=nuSdJP7LFhU> or lateral technique (Rheum tutors)

## Post injection

After 5 minutes - Observe for any swelling or significant bleed. Any benefit?

Avoid loaded rotation/twisting and lifting for 48hrs

Advise exercises when immediate pain settled as per leaflet

Type in 10 Minutes to Stronger Knees for good Youtube video <https://www.youtube.com/watch?v=UEx09O6FFro>