Shoulder Subacromial

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

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## Assessment

Local tenderness and scarf positive. No trauma.

## Injection

1-2 mls injection



<https://www.youtube.com/watch?v=dBZ0srzj4a8> for technique (Medical Skills Courses)

## 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 shoulder exercises Versus Arthritis for good Youtube video <https://www.youtube.com/channel/UCvBfwJfZIQ6jWKpKYDy7DNw>