Shoulder Subacromial

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

December 2019

## Assessment

Impingement signs. No trauma. No cuff tear.

## Injection

5 mls injection



<https://www.youtube.com/watch?v=YXtQQAd4n1E> for 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 shoulder exercises Versus Arthritis for good Youtube video <https://www.youtube.com/channel/UCvBfwJfZIQ6jWKpKYDy7DNw>