

# Glenohumeral Joint Injection

The goal of this procedure is to reduce shoulder pain through the injection of a local anesthetic and corticosteroid.

## Conditions treated

You might benefit from a Glenohumeral Joint Injection if you suffer from:

- Frozen shoulder
- Osteoarthritis
- Shoulder pain
- Labial tear
- Rotator cuff injury

## Duration

Less than 15 minutes

## How is it performed?

Prior to the injection, the injection site (either the front, back, or side of the shoulder) will be cleansed. You will be seated in the upright position with your arm resting on your side. Ultrasonic guidance may be used to help your physician ensure proper needle placement. Once the needle placement is confirmed, a mixture of steroid and local anesthetic will be injected.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Infections
- Increased pain
- Weakness

## What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first 2-3 days after the injection.

You should resume normal activities following the procedure. Slowly ease back into exercise routines over one to two weeks.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

# Glenohumeral Joint Injection

