Joint Injections

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Indications for Injections

• Suppressing inflammation
• Suppressing inflammatory flares
• Breaking up inflammatory damage

Medicine for Injections

• Short acting: Hydrocortisone acetate
• Intermediate acting: Methylprednisolone, Triamcinolone, Kenalog
• Long acting: Decadron
• Lidocaine/Marcaine

After Care

• May be more sore after Lidocaine wears off that day and next
• Injections can take 2-7 days to “kick in”
• Use ice for pain relief
• Go easy that day and next
• May resume regular activities and exercise in 2-3 days.

Systemic Reactions

• Red Man’s Syndrome
• Change in glycemic control
• Insomnia and jitters
• Unusual bleeding
• Steroid psychosis

Local Reaction

• Post injection flare of pain
• Subcutaneous atrophy and or skin pigmentation
• Hemarthrosis
• Nerve paralysis
• Tendon rupture
• Joint sepsis
### Supply list
- Betadine or Hibiclens
- Sterile gloves
- 3cc, 5cc or 10cc syringe
- 18g needle to draw up medicine
- 22g or 25g to inject
- Steroids and Lidocaine
- Alcohol swabs
- Band-Aids

### Supplies

### Pearls
- Never inject anything that might be infected
- Consider not injecting patient on antibiotics
- Always use good technique
- Be careful injecting diabetics
- Know patient’s INR
- Keep injections 3 months apart or longer

### Coding
- Know how to classify joint size
- Charge for office visit only if new problem (use modifier 25)
- Charge for medicine

### Coding
- Small joints (20600)
  - thumb, trigger finger, toes, fingers
- Medium joints (20605)
  - elbow, wrist, ankle, AC joint, olecranon bursa
- Large joints (20610)
  - shoulder, knee, hip, trochanteric bursa

### Coding
- Charging for medicine
  - Each medicine has a NDC J code for each NDC

Example: Kenalog 20mg/cc = 2 units
Decadron 4mg/cc = 1 unit
Coding

• NDC for Kenalog

Example of Encounter form

Upper Extremity

• Arthritis of thumb
  CMC joint

OA CMC thumb

Clinical appearance

Upper Extremity

• CMC injection
  • 1/2 cc Lidocaine
  • 1/2 cc Kenalog
  • 25g needle
Upper Extremity

• Carpal Tunnel
  • 1/2 cc Lidocaine
  • 1/2 cc Kenalog
  • 25 gauge needle

Upper Extremity

• Trigger finger
  • 1/2 cc Lidocaine
  • 1/2 cc Kenalog
  • 25 gauge needle

Upper Extremity

• De Quervain’s Tendonitis
  1 cc Lidocaine
  1/2 cc Kenalog
  25 gauge needle
Upper Extremity

- Lateral Epicondylitis (tennis elbow)

- 1cc Lidocaine
- 1cc Decadron
- 1cc Kenalog
- 25g needle

Upper Extremity

- Medial Epicondylitis (golfer’s elbow)

- 1cc Lidocaine
- 1/2-1cc Kenalog
- 25g needle

Upper Extremity

- Shoulder Joint OA

- 3cc Lidocaine
- 1cc Decadron
- 1cc Kenalog
- 22g needle
Upper Extremity

- Shoulder AC joint

Upper Extremity

- AC Injection
  - 1cc Lidocaine
  - 1cc Decadron
  - 1cc Kenalog

Upper Extremity

- Rotator Cuff Tendonitis
  - 3cc Lidocaine
  - 1cc Decadron
  - 1cc Kenalog
  - 22g needle

Upper Extremity

Lower Extremity

- Hips
  - Intra-articular injections done under fluoroscopy
    - Trochanteric bursa
Lower Extremities

- **Trochanteric Bursitis**
  - 6cc Lidocaine
  - 1cc Decadron
  - 1cc Kenalog
  - 22g Spinal needle

Lower Extremity

- **Knees**
  - Cortisone injections
  - Synvisc injections

Lower Extremity

- **Knees**
  - 3cc Lidocaine
  - 1cc Decadron
  - 1cc Kenalog
  - 22g needle

Lower Extremity

- **Synvisc**
  - Viscosupplement injection (hylagen G-F 20)
  - Only indication is OA of knee
  - Can repeat every 6 months
  - Aspirate and inject
  - Made out of rooster comb
Lower Extremity

- Ankle
- OA
- RA
- Gout
- Post traumatic OA

Lower Extremity

- Ankle
  - 1cc Lidocaine
  - 1/2-1 cc Decadron
  - 1cc Kenalog
  - 25g needle

Lower Extremity

- Plantar Fasciitis

Lower Extremity

- Plantar Fasciitis
  - 1cc Lidocaine
  - 1cc Decadron
  - 1cc Kenalog
  - 25g needle

Medial approach

Use same amount and “fan” out

Lower Extremity

- 1st MTP joint
Lower Extremity

- 1st MTP Joint
  - 1/2 cc Lidocaine
  - 1/2 cc Kenalog

Morton's Neuroma

- Pain usually between 3 and 4
- 1/2cc Lidocaine
- 1/2cc Kenalog

Morton's Neuroma

Questions