



Diagnostic Ultrasound & Ultrasound Guided Injections

Adult Musculoskeletal Service

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Diagnostic Ultrasound

The use of ultrasound imaging is becoming extremely popular in the management of musculoskeletal problems.

The reasons for the increasing popularity of musculoskeletal ultrasound are many.

A lack of radiation makes the technique more acceptable. It is non-invasive and quick when compared to MRI and also has the advantage of being able to be performed as part of a normal assessment.

In terms of many tendon and ligament injuries ultrasound is able to give more accurate information than any other modality.

It is also very useful for assessing the dimensions of specific nerves (for example, the Median Nerve in Carpal Tunnel Syndrome).

Additionally ultrasound is unique in that scanning occurs in real-time making it possible to discuss reproduction of symptoms with the patient, and to view dynamic images of the structures under examination.

Ultrasound also allows us to view inflammation and the process of 'neovascularity' which can be associated with tendon pain and damage.

Ultrasound Guided Injection

Research has demonstrated that even in the hands of specialists, only a minority of injections performed for musculoskeletal problems are done accurately.

For example, it has been demonstrated that in the shoulder, only 29% of sub-acromial and 42% of intra-articular injections are accurately delivered when given without guidance.

For this reason injections performed under ultrasound imaging are becoming more popular and is the approach that we use in our clinic for some specific injections that have been more rigorously researched.

It is important to note that Ultrasound Guided Injection Therapy is currently a growing area of research and thus many injections are still performed using the traditional 'palpation guided' method. In any case your practitioner will be able to discuss the risks/benefits of the type of injection appropriate for you.

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If you have any concerns or queries, please speak to your podiatrist or physiotherapist.

January 2014

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