

## Shoulder Injection for Painful Shoulder is Effective and Also Painless than Expected,

St. Luke's International Hospital, Department of Orthopaedic Surgery

Atsushi TASAKI, M.D. · Wataru MORITA, M.D. · Yoshimitsu HOSHIKAWA, M.D. et al.

### Background

There are concerns that shoulder injections fear the patients and that they are painful.

### Materials and Methods

We reviewed the subjective opinions of patients to this procedure using a questionnaire. Twenty seven patients with a chief complaint of shoulder pain at the first visit were intended and twenty seven shoulders were evaluated. Local anesthesia and steroid were injected to the subacromial bursa. The survey was done where there was no doctor around.

### Results

82% of the patients had fear before the injection. Only 4% of the patients complained severe pain whereas 77% commented that the pain was mild. 0.8% stated that the pain was more than expected while 78% noted as less. 82% expected that the treatment to be effective and was efficient in 70%. CONCLUSION: Shoulder injection is effectual without harming the patient and should be recommended to patients who hesitate with fear.