

## **Intra-Articular or Soft Tissue Injection Guideline**

### **Intra-Articular Injection**

The intra-articular or soft tissue injection of corticosteroid is indicated as adjunctive therapy for short-term administration (to tide the patient over an acute episode or exacerbation) in acute gouty arthritis, acute and subacute bursitis, acute nonspecific tenosynovitis, epicondylitis, rheumatoid arthritis, synovitis, or osteoarthritis.

### **CONTRAINDICATIONS**

Corticosteroid injection is contraindicated in patients who are hypersensitive to any of its components. Intramuscular corticosteroid preparations are contraindicated for idiopathic thrombocytopenic purpura.

### **LOCAL**

#### **Intra-articular administration:**

A single local injection of corticosteroid is frequently sufficient, but several injections may be needed for adequate relief of symptoms.

**Initial dose:** 2.5 mg to 5 mg for smaller joints and from 5 mg to 15 mg for larger joints, depending on the specific disease entity being treated. **For adults, doses up to 10 mg for smaller areas and up to 40 mg for larger areas have usually been sufficient.** Single injections into several joints, up to a total of 80 mg, have been given.

#### **MRG recommendation**

**If the referring provider specifies in their procedure request the dose of corticosteroid (Kenalog or Depo-Medrol) and the dose of anesthetic (lidocaine, Marcaine etc) to be injected, the MRG radiologist may inject what the referring provider has requested, or may adjust the doses as they deem appropriate.**

**If the referring provider has not specified in their request what dose of steroid and anesthetic to be injected or defers to the MRG radiologist, the MRG radiologist may inject as follows:**

#### **Foot and Small Joint injections (Ankle, Wrist, Elbow)**

1ml of Kenalog 20mg/ml per small joint of the foot and ankle, in addition to ~2ml of 1% Lidocaine.

#### **Large joints (Knee, Shoulder, Hips)**

2ml of Kenalog 20mg/ml or 1ml of Kenalog 40mg/ml per large joint, in addition to 5ml of 1% Lidocaine.

**If Kenalog is not available, an equivalent dose of Depo-Medrol may be substituted.**

#### **Reference**

Kenalog

[http://packageinserts.bms.com/pi/pi\\_kenalog-40.pdf](http://packageinserts.bms.com/pi/pi_kenalog-40.pdf)

Depo-Medrol

<http://labeling.pfizer.com/ShowLabeling.aspx?id=551>