

# DR. BANDLER

## SHOULDER ARTHROGRAM

**SCOUT FILMS:** Outside films if available, take Fluoro Scout of shoulder with 45 degree wedge and palm up, external rotation.

- SUPPLIES:**
1. Myelogram Tray
  2. Chloraprep
  3. Sodium Bicarb
  4. 25g 1 ½ needle (add to tray)
  5. Boomarang
  6. Omnipaque 300 15 ml
  7. 12 cc syringe for extra Lidocaine
  8. marking pen and hemostats
  9. Size 8 gloves

### **PROCEDURE:**

Place Chucks at head of table and **(R) / (L)** marker on tower. **Consent Patient** after explaining procedure/ check for **Allergies and Blood Thinners**. **Men remove shirts in room, Women in gown with affected arm out and gown retied** so gown is under the arm but covering the breast leaving area to be scrubbed. **Tech operates Fluoro during needle placement**. Dr. will take over Fluoro tower when needle removed. Place Boomerang under Patients shoulder. If no RCT seen during Fluoroscopy, exercise arm before Overhead films.

**EXERCISE:** Have Patient windmill arm, reach behind neck and lower back then push up and down as Tech holds arm for resistance. **DO Not Exercise shoulder if going to MRI after!**

- OVERHEADS:**
1. AP Int and Ext. Rotation
  2. Axillary (tech may need to pull on arm)

Clean off Patients shoulder with warm water.