

Ultrasound Guided Injections

What is an Ultrasound Guided Injection?

The term “ultrasound guided injection” refers to the way that an injection is delivered not to *what* is being injected. Some injections are more easily or reliably directed to the specific site being treated if there is a way to see exactly where the needle is going. Almost any type of imaging (x-ray, CT, MRI, or ultrasound) can be used to accomplish this, but an ultrasound machine is the most inexpensive, safe, and portable way to accomplish this in the office setting.



Who does the Ultrasound Guided Injection?

Providers who perform ultrasound guided injections receive special training in this specific technique. They may be a surgeon, non-operative physician, radiologist, physician assistant, or nurse practitioner. They are often assisted by a nurse, medical assistant, or other member of the healthcare team.

Ultrasound Injections in the Treatment of Peripheral Nerve Disorders?

- Injections commonly used to treat peripheral nerve disorders can use an anesthetic only (medicine to numb the nerve) or also include a steroid medication which provides more of an anti-inflammatory effect.
- It is important that the injection is done in the area AROUND the nerve, not IN the nerve itself as an injection within the nerve can damage the nerve.
- US guided injections can be used for both treatment (to improve patient’s symptoms) as well as to aid in diagnosis and localization of the site of pathology.

What is the Recovery like for Ultrasound Guided Injections?

Ultrasound guided injections are generally done in the office and you are able to leave shortly after the procedure. Sometimes the injections include a numbing medicine so you may have less pain from that for a few hours after the procedure but should still rest as much as possible and use ice on the area if local discomfort develops later. Depending on the type of injection, more sustained relief may not be noted for several days to even weeks.