



# Injection Techniques in Orthopaedic and Sports Medicine

*Stephanie Saunders FCSP FSOM, Stephanie Saunders, Gordon Cameron*

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An illustrated practical guide to the use and technique of injecting joints for the relief of musculoskeletal pain and inflammation. Introductory chapters deal with the effects of corticosteroids and local anaesthetics and their uses, safety procedures which should be observed when using these products for injection, and guidelines to safe injection techniques. The bulk of the book deals with the technique of injection joint by joint. The page of illustrations illustrating the procedure. For each joint there is a 2-color line drawing of the anatomy of the joint and a photograph (highlighted using a second color) showing the surface anatomy position for injection.

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