



Understanding Fluoroscopically-Guided Injections

Experience the benefits of fluoroscopic guidance for your hip, shoulder, or knee injections. This advanced technology utilizes real-time X-ray imaging to precisely target injections and ensure medication reaches the intended area within the joint, maximizing effectiveness. Fluoroscopic guidance offers a safer and more targeted approach to injections, promoting faster recovery and improved outcomes.

Understanding the Benefits of Joint Injections

Hip, shoulder, and knee injections are a valuable tool in both diagnosing and treating pain originating from these important joints.

- **Diagnosing the Source of Pain:** A diagnostic injection uses a local anesthetic. When patients experience significant pain relief immediately after the injection, it strongly suggests the joint is the source of pain.
- **Targeted Relief with Steroids:** Therapeutic injections combine a local anesthetic with a corticosteroid medication to provide both immediate pain relief and reduce inflammation from the joint for longer-lasting pain relief and improved mobility.
- **Prolonged Relief with PRP:** Regenerative therapy with Platelet Rich Plasma (PRP) can reduce pain for a longer duration than corticosteroids by accelerating the body's natural healing process, leading to tissue repair and regeneration.
- **Addressing the Root Cause:** Steroid and PRP injections address the underlying cause of pain, helping to facilitate exercise participation and prevent future recurrences.

The Advantages of Fluoroscopically-Guided Techniques

With real-time X-ray imaging, fluoroscopically-guided injections provide a more effective and targeted treatment experience. Some of the key benefits include:

- **Precision:** Fluoroscopy allows for real-time visualization of the needle's movement, minimizing the risk of accidental injury to nerves or blood vessels.
- **Confirmation:** The doctor can see if the medication is being injected directly into the desired location, maximizing the effectiveness of the treatment.
- **Reduced Procedure Time:** Fluoroscopic guidance helps ensure accurate needle placement on the first attempt, potentially leading to shorter procedure times.
- **Minimizes Discomfort:** Precise needle placement reduces the need for multiple attempts, minimizing discomfort for the patient.
- **Enhanced Applications:** Fluoroscopy is particularly beneficial for injections in deep joints like the hip, shoulder, and knee due to their complex anatomy and surrounding structures.

Conditions Treated with Fluoroscopically-Guided Injections

Fluoroscopically-guided injections can deliver targeted pain relief and promote healing in various musculoskeletal conditions.

Suitable Conditions for Hip Injections

Hip pain can make walking painful and difficult. Fluoroscopically-guided injections can significantly improve quality of life by reducing pain and stiffness, allowing for increased mobility and participation in daily activities.

Common hip conditions treated include:

- [Hip Osteoarthritis](#)
- Labral Tears

Shoulder Conditions Addressed

The shoulder is a complex joint prone to various injuries. Fluoroscopically-guided injections can address pain and inflammation to help you regain shoulder function and return to your favorite activities.

Common shoulder issues treated include:

- Shoulder Arthritis
- Adhesive Capsulitis (Frozen Shoulder)

Knee Pain Relief through Injections

Knee pain can significantly impact mobility and quality of life. Fluoroscopically-guided injections can relieve pain and improve knee function, allowing you to stay active and maintain a good quality of life.

Common knee issues treated include:

- [Knee Osteoarthritis](#)
- Meniscal Tears

The Procedure of Fluoroscopically-Guided Injections

Here's what you should know before your fluoroscopically-guided injection:

- You will be scheduled at one of our five Arizona locations, where you will be for approximately 1 hour total.
- You should take your routine medications (i.e., blood pressure and diabetic medications) on the day of your procedure.
- Wear loose, comfortable clothing to your appointment.

Here's what to expect on the day of your procedure:

- You will lie face-up on a procedure table.
- The physician will use fluoroscopic (X-ray) guidance to visualize the joint.
- The physician will scrub your skin with sterile soap, place a drape on your hip, shoulder, or knee, and numb a small area of skin with anesthetic medication.
- After the anesthetic has been given time to be effective, the physician will then direct a tiny needle using fluoroscopic guidance into the affected joint.
- The physician will inject a small amount of contrast (dye) to ensure proper needle position and then a small mixture of anesthetic and steroid or PRP into the joint.

Recovery and Outcomes

After the injection, you'll be monitored briefly to ensure no immediate reactions to the medication. While uncommon, temporary side effects, such as soreness, bruising, or mild discomfort at the injection site, can occur. Our staff will discuss these with you beforehand and provide instructions for managing any discomfort.

You may return to your normal activities following the procedure, including returning to work.

Why Choose Fluoroscopically-Guided Injections?

Fluoroscopically-guided injections offer a safe and precise approach to pain management, often surpassing other techniques. With their precise delivery, the injections provide maximum effectiveness and minimal risk of the medication reaching unintended areas.

Selecting the right healthcare provider for fluoroscopically-guided injections is crucial. At Desert Spine & Sports Physicians, our board-certified physicians have extensive experience and training and are committed to helping patients achieve maximum function and wellness.

Our [dedicated physiatrists and sports physicians](#) administer fluoroscopically-guided injections at any of our five [Arizona locations](#):

[Desert Spine and Sports Physicians - Phoenix Office](#)
3700 N. 24th Street
Suite 210
Phoenix, AZ 85016

[Desert Spine and Sports Physicians - Mesa Office](#)
6634 E. Baseline Rd.
Suite 101
Mesa, AZ 85206

[Desert Spine and Sports Physicians - Scottsdale Office](#)
8670 E. Shea Blvd.
Suite 102
Scottsdale, AZ 85260

[Desert Spine and Sports Physicians - Peoria Office](#)
13128 N. 94th Drive
Suite 200
Peoria, AZ 85381

[Desert Spine and Sports Physicians - Gilbert Office](#)
3615 S. Rome St.
Gilbert, AZ 85297

Interested in discovering how fluoroscopically-guided injections can alleviate your joint pain? Schedule a consultation with one of our Physical Medicine and Rehabilitation doctors today.