

RECIPES (updated 130812)

Type of injection	Syrings	Needle	Mixture
Papules/Wheals	10 ml	gray	10+0
Shoulder Impingement	5 ml	black	4+1
Knee joint ventrally	5 ml	blue	2-3+1-2 or hya
Lateral Epicondylitis	2 ml	gray	1+1
CMCI-arthralgia	2 ml	gray	0+0,6-1
ACJ (acromiocalvicular) joint	2 ml	gray	0,5+1
Shoulder joint (Frozen shoulder)	10 ml	black	14 +1
Hallux Rigidus (MTP1)	2 ml	gray	0+(0,6-1)
Apicitis Patellae	2 ml	blue	1+1
"Small joints"	2 ml	gray	0+(0,4-0,8)
Plantar Fascitis (Heel spurs)	5 ml	blue	2+1
Trochanteritis/Piriformis syndrome	10 ml	green/black	8+2
SCJ (sternoclavicular) joint	2 ml	gray	1+1
ISJ IlioSacroiliacJoint	5 ml	green/black	4+1
Coccygodynia	2 ml	black	1+1
Parasacral tendalgia	10 ml	black	8+2

NEEDLES

Gray 0,4 x 19 mm, Blue 0,6 x
30 mm, Black 0,7 x 50 mm
Green 0,8 x 80 mm

MIXTURE

The first number refers to local anesthetic in ml
The second number refers to cortisone in ml

INJECTIONART.COM