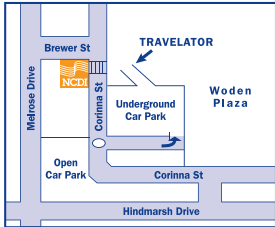


If you have any further questions please do not hesitate to contact our practices.



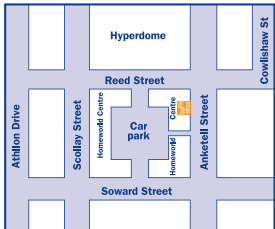
SHOULDER HYDRODILATATION

Shoulder Hydrodilataion is performed at all sites:



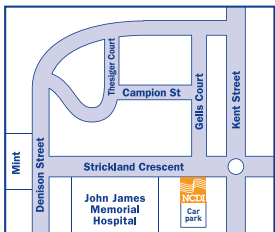
CORINNA CHAMBERS

36-38 Corinna St,
Woden ACT 2606
Ph: 6214 2222



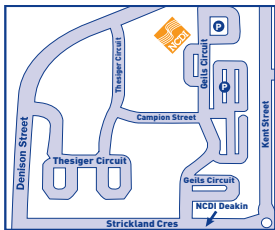
TUGGERANONG

Suite 10a, Homeworld Centre
Anketell Street,
Tuggeranong ACT 2900
Ph: 6293 2922



CANBERRA SPECIALIST CENTRE

161 Strickland Crescent,
Deakin ACT 2600
Ph: 6124 1900



GEILS COURT

39 Geils Court,
Deakin ACT 2600
Ph: 6122 7878



Shoulder Hydrodilataion is an injection into the shoulder using cortisone or saline to suppress inflammation and improve mobility of the shoulder joint.

Please bring your referral and any previous x-rays with you on the day of your examination.

WHAT IS SHOULDER HYDRODILATATION?

Shoulder hydrodilatation is both a diagnostic and therapeutic procedure. The aim of the procedure is to decrease pain and improve mobility in the “frozen shoulder” (adhesive capsulitis).

PREPARATION

No preparation is necessary.

PROCEDURE

Following the injection of local anaesthetic into the skin, a fine needle is inserted into the shoulder using ultrasound guidance control to ensure that it goes directly into the joint.

A small amount of contrast medium, long-acting local anaesthetic and steroid are injected into the joint. Sterile saline is then injected to distend the joint capsule and break down adhesions.

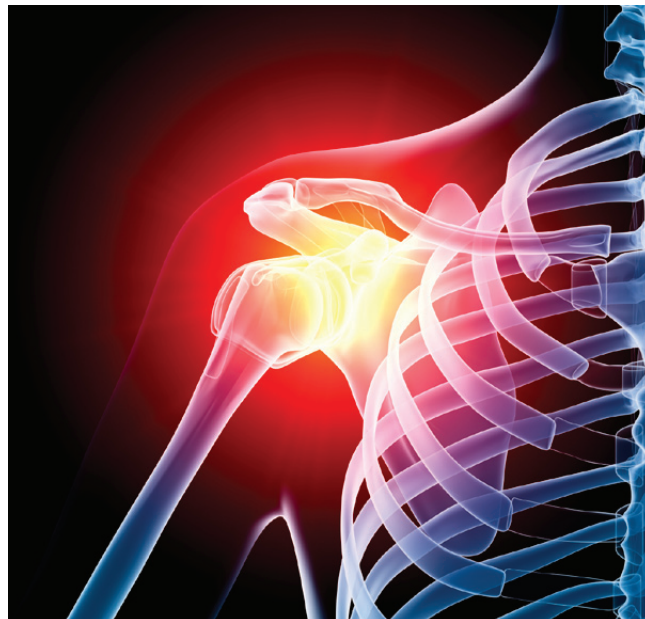
This may result in a transient feeling of tightness, increased pressure or heaviness in the shoulder or down the arm.

RISKS

There are very few side effects from hydrodilatation.

A mild allergy may occur, usually manifested by rash, and may last for a day or two.

The most serious potential complication is infection in the joint. This is more common in diabetic patients, but is rare, occurring in approximately 1 in 15,000 patients. If your shoulder becomes hot and red or you develop a fever, chills or sweats, please contact your doctor.



Pain associated with frozen shoulder is usually dull or aching with a predominant feature being restricted motion or stiffness

AFTER THE PROCEDURE

Please organise to have someone else drive you home.

Avoid lifting heavy objects. Your referring doctor will advise on post-procedural exercises and movement.