



# Injection Techniques in Orthopaedic and Sports Medicine

By *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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### Editorial Review

#### Review

"A definitive must have book for any physiotherapist or doctor who uses injection therapy for the relief of pain in musculoskeletal conditions... It is a clinician's practical friend" *Lyn Ankorn, Senior PT, Therapy Weekly, August 2002*

book is clearly written and well presented. The technique sections are supported by the use of clear illustrations and photographs for each site of injection. The information included is up to date and the text is supported with references to up-to-date and appropriate research."" *Claire Diver, Physiotherapy, April 2002* book is the bible for injection techniques and I would recommend it to all charted physiotherapists, GPs and orthopaedic surgeons." *Eamon O Muircheartaigh, Physiotherapy in Ireland*

#### About the Author

Stephanie Saunders is a physiotherapist who has pioneered the use of injections for the treatment of inflamed and painful joints particularly in relation to sports injuries. She has run many courses for both doctors and physios on the use of the technique.. She is a Fellow of both the CSP and the Society of Orthopaedic Medicine and was a member of the working party which drew up the Clinical Guideline for the Use of Injection therapy by Physiotherapists which has been endorsed and published by the CSP.

Dr Longworth is a medical practitioner with extensive experience in orthopedic and sports medicine. Gordon Cameron is a general practitioner with extensive experience in orthopaedic and sports medicine.

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##### **Joel Jones:**

The experience that you get from *Injection Techniques in Orthopaedic and Sports Medicine* could be the more deep you excavating the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but *Injection Techniques in Orthopaedic and Sports Medicine* giving you thrill feeling of reading. The author conveys their point in a number of ways that can be understood by means of anyone who read the idea because the author of this book is well-known enough. This particular book also makes your current vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this kind of *Injection Techniques in Orthopaedic and Sports Medicine* instantly.

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