

GLUTEUS MINIMUM TENDON INJECTION

PROCEDURE: A gluteus minimus tendon injection under fluoroscopic guidance

REASON FOR PROCEDURE: B gluteus minimus tendinitis at the insertion site

PHYSICIAN:

MEDICATIONS INJECTED: 1 mL of Kenalog (40 mg) and 2 mL of 1% lidocaine

LOCAL ANESTHETIC INJECTED: 4 mL of 1% lidocaine

SEDATION MEDICATIONS: None

ESTIMATED BLOOD LOSS: None

COMPLICATIONS: None

TECHNIQUE: Time-out was taken to identify the correct patient, procedure and side prior to starting the procedure. With the patient lying in the supine position, the patient was prepped and draped in the usual sterile fashion using DuraPrep and a fenestrated drape. The area lateral to the target site was determined under fluoroscopic guidance. Local anesthetic was given by raising a skin wheal and going down to the hub of a 27-gauge 1.25-inch needle. A 22-gauge, 3.5-inch Quincke needle was introduced under intermittent fluoroscopy until the tip reached the superior aspect of the greater trochanter of the C femur. One-third of the injectate was placed here. The needle was then withdrawn slightly and redirected more cephalad until it was about 1 to 2 cm cephalad to the insertion site of the gluteus minimus into the greater trochanter. Contrast was then used to confirm intratendinous placement of the needle. The rest of the medication was then deposited here slowly.

The procedure was completed without complications and was tolerated well. The patient was monitored after the procedure. The patient was given post-procedure and discharge instructions to follow at home. The patient was discharged in stable condition. A follow-up plan was made.

Pre-procedure pain score: 9/10

Post-procedure pain score: 0/10

Notes: Talk about relief since last injection, or any interim events if you haven't seen them in clinic since the last injection, or improved function examples. Maybe mention a particular positioning change for that patient or that they were especially sensitive to the lidocaine sticks. Add anything that will help you on your next injection.