INJECTION TECHNIQUES
IN MUSCULOSKELETAL MEDICINE

A practical manual for clinicians
in primary and secondary care

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Dedication

In memory of Peter Saunders, John and Joan Watts, and Christine Mallion with grateful thanks to them all for being there

To Julie for her enormous patience, support, encouragement and love

SL

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INJECTION TECHNIQUES
IN MUSCULOSKELETAL MEDICINE
A PRACTICAL MANUAL FOR CLINICIANS IN PRIMARY AND SECONDARY CARE
FOURTH EDITION

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It is a pleasure to be given the opportunity to have a ‘sneak preview’ and to write the foreword for this splendid book. I have no doubt that this is essential reading for all clinicians engaged in clinical practice which requires the ability to aspirate joints and perform accurate articular and periarticular injections. These are essential skills in managing people with a wide range of musculoskeletal disorders, ranging from regional pain syndromes such as shoulder pain, through to joint problems relating to inflammatory or non-inflammatory arthritis. The book will appeal to, and be relevant for doctors, physiotherapists, nurses and other health professionals involved in managing musculoskeletal disorders and sports injuries, whether in the context of primary or secondary care.

I fully concur with the sentiments of Professor Peter Maddison, who wrote the foreword for a previous edition of this book, that this is an outstanding reference manual not only for practitioners who are embarking on developing these skills but also for those of us who need a reminder about the less commonly performed injection techniques.

Stephanie Saunders and Dr Steve Longworth should be congratulated on producing this essential guide to evidence-based practice. This is an up-to-date, authoritative and scholarly manuscript that is carefully referenced and with a very wide scope and is written in an easily accessible and practical style with high-quality illustrations, helpful algorithms and clinical summaries.

Elaine Hay
January 2011
The problem with writing a textbook is that no sooner has one edition been completed than the editors are pressing the authors to start on the next! Nearly two years of work then follow — reviewing the latest literature, updating the information and trying to improve on the content and format, based on the feedback provided by colleagues, patients and students from our courses. Frustratingly, this means that by the time the book is finally published some of our references will be considered to be out of date. We therefore ask the reader’s indulgence when reading this edition of our work.

So what have we changed in this fourth edition?

Regular readers will notice that we have changed the title from ‘Orthopaedic Medicine’ to ‘Musculoskeletal Medicine’. This is because the latter title is more in keeping with current nomenclature, and possibly more easily identified in modern medical practice.

The chapters have been redesigned and enlarged with an extensive amount of evidence following each separate section — all being current at the time of going to press in late 2011.

A new dimension to this edition is the Injection Techniques in Musculoskeletal Medicine Trainer. All readers gain access via an upgrade price. We hope the Trainer will aid the clinician in testing anatomical knowledge and technical skill in using injection therapy.

We owe our grateful thanks to Professor Elaine Hay for her complimentary introduction, and to the team at Elsevier — Sally Davies, Rita Demetriou Swanwick, Frances Affleck and all their assistants for their support, encouragement and delicate reminders of publishing dates and times.

Stephanie Saunders
Steve Longworth
London, 2011