The list below is not intended to be exhaustive. If you have any queries about other pathologies or procedures, please contact us using the contact us form on our website.

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| **Procedure** | **Indications** | **Work up** |
| Joint injections Including but not limited to:  SIJ  Coccyx  1st CMC or STT joint  Scapholunate joint  Wrist  Elbow joint and soft tissue  ACJ, SCJ  Knee  Ankle  Tarsal, TMT and MTPs | Osteoarthritis  Rheumatoid flare up  Capsulitis  Joint pain | Copy of XRAY report if available |
| Hip Joint  Glenohumeral Joint | Osteoarthritis  Rheumatoid flare up  Capsulitis  Joint pain | For **stiff shoulders and for hip joints its important to have an XRAY** first and confirmation of XRAY report |
| Soft tissue injections Including but not limited to:  Sub-acromial bursa  Tenosynovitis i.e.  Long head Biceps, Dequervains, EC1-6  Infra-patella, pre-patella bursa  Medial and lateral Elbow epicondyalgia  Gluteal cuff pain | Soft tissue pain  Inflammation | None  The preliminary Ultrasound scan should confirm diagnosis |

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| High Volume injection  Patella or Achilles tendinopathy | Persistent tendon pain resistant to rehab | None  The preliminary Ultrasound scan should confirm diagnosis |
| Hydro-dilatation of GHJ | Stiff shoulder secondary to capsulitis | **Important to have an XRAY first and confirmation of XRAY report** |
| Barbotage for calcific tendinitis | Calcific tendinitis  (Dependant on size and degree of calcification; This is usually cross referenced with XRAY) | **May be required to proceed to barbotage, therefore it is preferable to organise in advance of appointment** |
| Single peripheral Nerve blocks i.e.  Suprascapular nerve  Carpal tunnel, Radial, Median, Ulnar nerve at forearm/elbow,  Superficial Peroneal, Tibial, Sural nerves | Entrapment neuropathies  Persistent neural pain | Full diagnostic scan to confirm condition of the nerve  **(if weakness or muscle atrophy present consider Spinal origin or Orthopaedic referral?)** |