

# SHOULDER HYDRODILATATION

**Appointment**

**Date:**

**Time:**

**Patient preparation:**

No preparation, however, please advise staff if you take blood-thinning medication e.g. Aspirin, Warfarin or have allergies.

**Time for examination:**

Approximately 30 minutes.

**Please bring:**

- Your referral
- Medicare card
- Any related previous imaging including Nuclear Medicine Studies, X-Rays, Ultrasounds, CT and MRI scans.

**Payment on the day of examination is requested.**

For more information on your examination please call us or visit our website:

[www.gcradiology.com.au](http://www.gcradiology.com.au)

Your privacy is important to us. Rest assured the window tinting in our rooms allows you to view out, however, no one outside can see you.

Shoulder Hydrodilatation is a treatment aiming to decrease pain and improve range of movement associated with frozen shoulder (adhesive capsulitis).

For the examination you will be asked to change into a gown and lie on the x-ray or ultrasound table. The procedure is performed under sterile conditions. Your skin will be cleansed around the shoulder area. Local anaesthetic is injected into the skin. X-ray or ultrasound is used to accurately locate the shoulder joint and guide a fine needle into the shoulder joint capsule. Steroid (anti-inflammatory) medication, local anaesthetic and saline are injected into the shoulder joint capsule to distend it.

Risks of this procedure include radiation exposure (although very small), infection, allergies to medication and bleeding at the injection site. These complications are considered very rare.

The shoulder distension process can be uncomfortable. Good distension, however, will increase the therapeutic effect of the procedure. The shoulder may be uncomfortable for a few days after the procedure. Paracetamol may be taken as directed if you experience discomfort.

Following the procedure, you will need someone to drive you home. Please consider this when arranging your appointment.

We advise you avoid heavy lifting or strenuous activity for a few days and encourage you to consult a physiotherapist immediately following the procedure to help with your treatment.

You should make arrangements to see the doctor who referred you so that they may monitor your progress.

**Please inform staff if you may be pregnant.**