

# ULTRASOUND GUIDED MSK INTERVENTION



**At CAMIS we provide MSK interventions under ultrasound guidance:**  
Barbatoge, Prolotherapy, Tendon Sheath Injections and Ganglion Aspiration and Injection

- 1. Barbatoge:** Is used in the treatment of calcific tendinitis usually in tendons of the rotator cuff. Once calcific tendinitis is confirmed with an MSK ultrasound study barbatoge may be performed. Under ultrasound guidance a needle will be guided to the location of the calcification. The radiologist will then make multiple passes through the calcium attempting to break apart the calcification and will even attempt lavage and aspiration of some of the calcium. Upon completion of the barbatoge the radiologist will inject the SASD bursa with a steroid. The first 3-4 days post procedure the patient will likely have an **increase** in their pain levels followed by long term pain relief.
- 2. Prolotherapy:** Is used to help aid in the healing of tendinitis. CAMIS offers prolotherapy for the treatment of achilles tendinitis, medial and lateral epicondylitis, and patellar tendinitis. Each treatment consists of 3 appointments scheduled 6 weeks apart. A needle is guided into the tendon where the radiologist makes multiple passes through tendon and injects dextrose. This causes an inflammatory reaction triggering a healing response.
- 3. Tendon Sheath Injection:** Once a tenosynovitis is confirmed with an ultrasound exam a radiologist will guide a needle into the inflamed tendon sheath and inject a steroid. Common injections are for biceps tenosynovitis and dequervain's tenosynovitis.
- 4. Ganglion Aspiration and Injection:** This treatment can be an alternative to surgery. Once a ganglion has been confirmed with an ultrasound a radiologist will carefully guide a needle with ultrasound into the ganglion and aspirate as much fluid as possible. They will then inject a steroid into the ganglion. If there is a recurrence of the ganglion the procedure can be repeated in 3 months time.

**CAMIS provides the following MSK Ultrasound studies for the assessment of muscle, tendons and ligaments:**

Shoulder	Quadriceps	Elbow	Greater Trochanter Bursa
Wrist	Iliopsoas Bursa	Hand	Ankle
Achilles Tendon	Morton's Neuroma	Plantar Fascia	Knee <i>(limited to MCL, baker's cyst, patellar tendon, Pes Anserine bursa)</i>

**Follow Up Care Instruction for Interventional Guided Procedures**

Please download the MSK Imaging and Intervention Request Form [here](#).

**Procedure**

To book either an MSK Ultrasound or an Ultrasound Guided procedure please fax a requisition to 403-309-0093. CAMIS will then contact the patient with an appointment time.

If you would like us to book an injection based on our imaging findings please indicate so on the requisition in the space provided which appears as follows.

**If pathology is found in the area of interest you may expedite the patient's treatment by checking the box below:**

Please expedite treatment

For further information please contact Lindsey Painchaud, MSK Clinical Coordinator, at [lpainchaud@camisrd.com](mailto:lpainchaud@camisrd.com) or 403-755-8065.