



Suprascapular Nerve Injection

OVERVIEW

This procedure is performed to relieve shoulder pain and/or capsulitis (frozen shoulder). Suprascapular nerve entrapment or injury can result from prolonged wearing of heavy backpacks/purses and direct blows to the suprascapular nerve that might occur in sports injuries (football, falls from trampoline, etc.) The pain from a suprascapular nerve injury will usually present as a severe, deep, aching pain that radiates from the top of the scapula to the ipsilateral shoulder.

STEP 1

The patient is placed in the sitting position with their arms hanging loosely at their side. The physician will locate the spine of the scapula and acromion.

STEP 2

A local anesthetic numbs the skin and tissue below.

STEP 3

A needle is inserted into the suprascapular notch. When this occurs the patient may feel numbness and tingling in their shoulder and upper extremity. The steroid solution is slowly injected with intermittent aspiration to rule out intravascular injection of the anesthetic solution.

STEP 4

You will be observed in the patient recovery area.

STEP 5

This procedure renders the shoulder joint and shoulder girdle insensate. Deep heat modalities and range of motion exercises must be monitored closely to avoid burns or damage to the shoulder.

INDICATIONS

Shoulder pain, suprascapular nerve entrapment syndrome and shoulder capsulitis (frozen shoulder)