

# Image-guided injections for joint pain

## ARTHROGRAMS



Arthrograms help provide detailed, accurate answers to your patients joint pain.

MRI arthrograms are image-guided injections that use fluoroscopy to evaluate internal derangement of joints. While non-contrast MRI exams can diagnose many types of pathology, there are several joint-specific conditions where the presence of contrast injected during an arthrogram may aid in the evaluation and characterization of joint disorders.

## MRI arthrograms at CDI

### BENEFITS:

- MRI arthrograms are particularly effective for detecting tears or lesions of the structures and ligaments of the joints, especially the hip, wrist and elbow, as well as rotator cuff tears or damage from a shoulder dislocation
- Subspecialized radiologists, who perform the exam, are available for consult at 855.643.7226

### CONTRAINDICATIONS:

- Relative contraindications, including joint infections, fractures, known hypersensitivity and prosthetic joints, should be discussed with the radiologist
- When MRI is contraindicated, a CT scan can be substituted

### EXAM:

- For safety and accuracy, fluoroscopic or X-ray guidance is used to ensure placement of the needle in the joint
- An anesthetic may be injected to potentially offer short-term pain relief and help determine if the joint is the source of pain
- Patient lies on a fluoroscopy table and the radiologist inserts a needle into the joint to inject contrast material
- Still images of the joint are captured to visualize dye dispersion

## Clinical indications

MRI arthrograms may aid in detection/ characterization of internal derangement or mechanical symptoms, including clicking, clunking, grinding or catching.

Elbow	<ul style="list-style-type: none"><li>• Medial elbow pain in the throwing athlete</li><li>• Characterization of osteochondral lesions</li></ul>
Hip	<ul style="list-style-type: none"><li>• Femoral acetabular impingement</li><li>• Potential labral tear or post-op labral surgery</li></ul>
Knee	<ul style="list-style-type: none"><li>• Post-op meniscal repair</li><li>• Characterization of osteochondral lesions</li></ul>
Shoulder	<ul style="list-style-type: none"><li>• Pain with overhand motion (throwing)</li><li>• Instability</li><li>• Post-op rotator cuff</li><li>• Potential labral tear or post-op labral repair</li><li>• Adhesive Capsulitis</li></ul>
Wrist	<ul style="list-style-type: none"><li>• Ulnar-sided wrist pain</li><li>• Dissociation of the proximal carpal row on X-ray</li></ul>



MRI arthrogram hip demonstrating labral tear



MRI arthrogram shoulder demonstrating labral tear with associated hyaline cartilage lesion



**SCHEDULE AN APPOINTMENT**

call 855.643.7226  
fax 855.550.2005  
online [insideCDI.com](http://insideCDI.com)

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