

NECK BACK & HIP INJECTION THERAPY

Name: _____ DOB: _____ Date: _____

KEY: 2 = Bilateral | R = Right | L = Left | M = Muscle | T = Tendon | BT = Tendon Origin-Insert | J = Joint

Sites prepped with alcohol swab for use with: ½ - 1.5 - inch, 27 - 30 - gauge needle

Tendon and or Trigger Point (TP) Injections with _____ cc 1% Lidocaine ⇒ **Moderate Risk:** Prescription Lidocaine

Ultrasound Guided Injection(s) of tendons to decrease the chance of complications, e.g., pneumothorax, hematoma, intravascular injection of local anesthetics, etc.

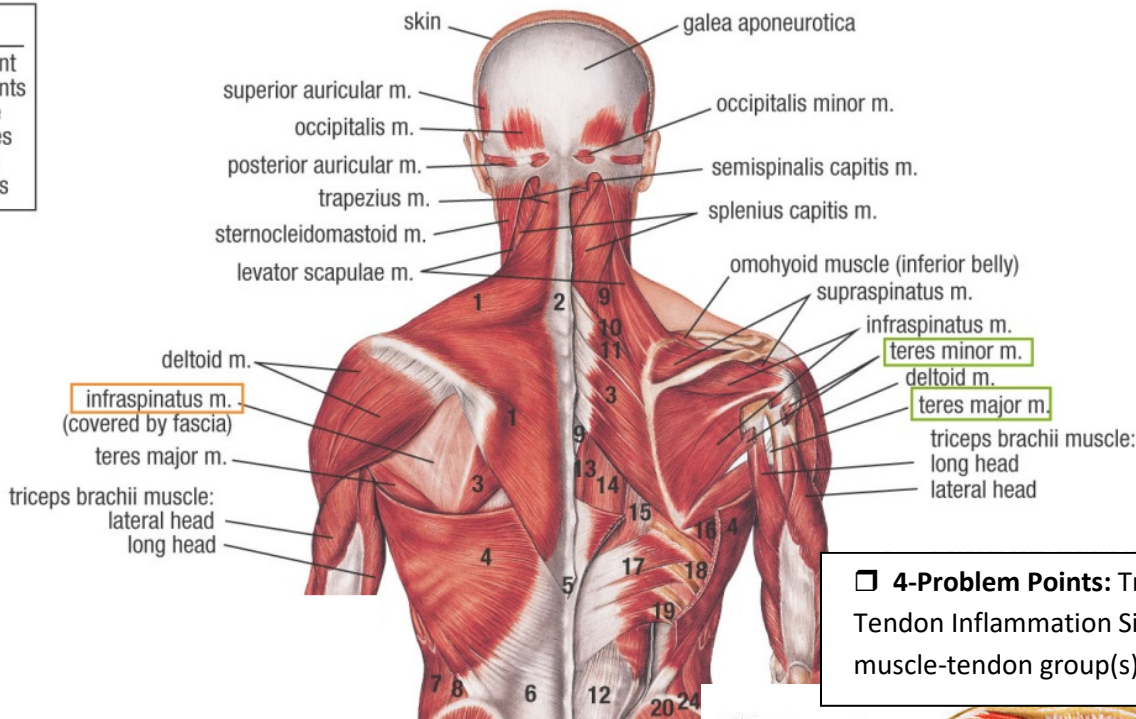
Discussed possible complications including S.O.B., infection, bruising and numbness; and applying heat & ischemic pressure for 3min for relief. Instructed to call the provider if not relieved. | Robaxin 100mg/ml or: _____ mg

Printed Name: _____ Signed: _____ DO, MD or PA-C

Certifies that symptomatic tendons and or muscular trigger points were verified, marked with an "X", and treated.

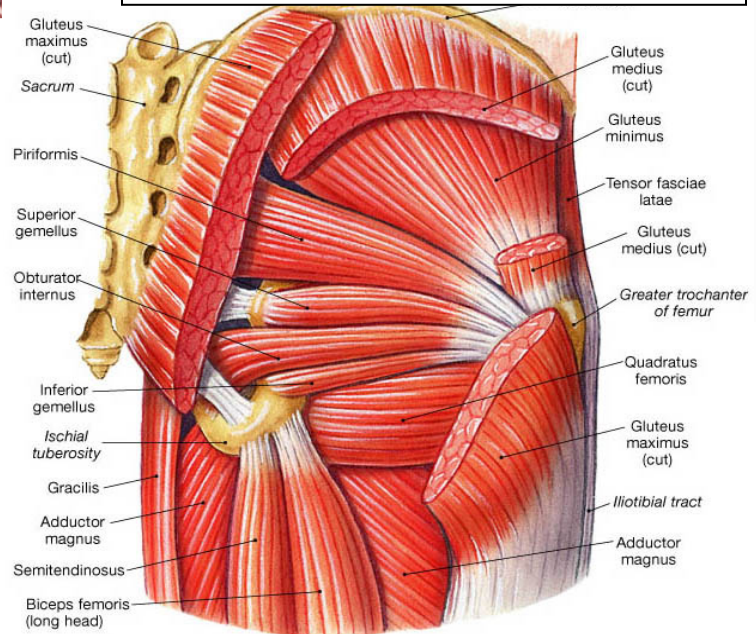
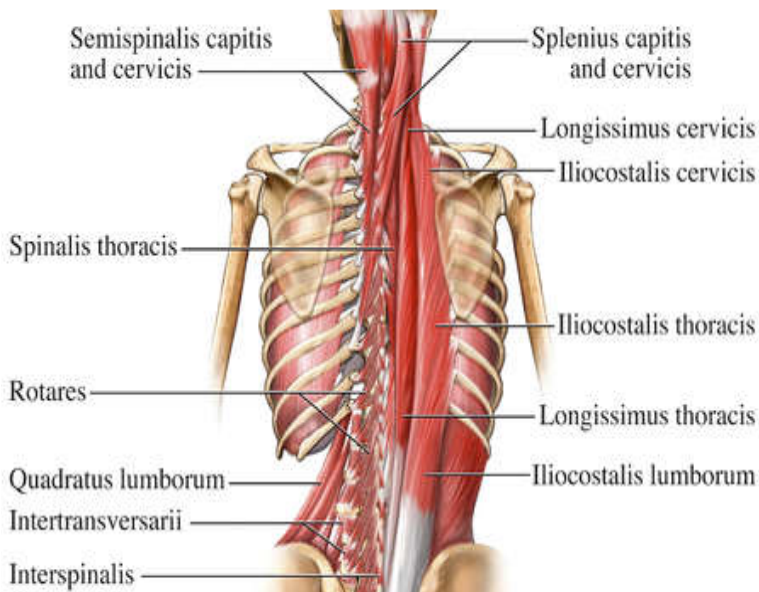
MUSCULAR SYSTEM (POSTERIOR VIEW)

Key
 I. ligament
 II. ligaments
 m. muscle
 mm. muscles
 t. tendon
 tt. tendons



- Key**
- 1 trapezius m.
 - 2 spine of C7
 - 3 rhomboid major m.
 - 4 latissimus dorsi m.
 - 5 spine of T12
 - 6 thoracolumbar fascia
 - 7 external abdominal oblique m.
 - 8 internal abdominal oblique m.
 - 9 splenius cervicis m.
 - 10 serratus posterior superior m.
 - 11 rhomboid minor m.
 - 12 erector spinae mm.
 - 13 spinalis thoracis m.
 - 14 longissimus thoracis m.
 - 15 iliocostalis lumborum m.
 - 16 serratus anterior m.
 - 17 serratus posterior inferior m.
 - 18 external intercostal m.
 - 19 12th rib
 - 20 gluteus medius m.

4-Problem Points: Trigger Point(s) and/or Tendon Inflammation Sites found in different muscle-tendon group(s) than the previous visit.



(a) Posterior view, deep muscles