INJECTION THERAPY DOCUMENTATION

Patient Name _____ DOB _____ DOS _____

- ❑ 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
- ❑ 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.

Provider Signature _____MD DO PA NP Printed Provider Name:_____

Region	Muscle	New prob	L T	R T	Tendon origin	Tendon Insert	Sheath / ligament	TPI #
Neck	erector spinae							
Neck	iliocostalis-cervical							
Neck	levator scapulae							
Neck	longissimus capitus							
Neck	occipitalis							
Neck	scalene anterior							
Neck	scalene medius							
Neck	scalene posterior							
Neck	semispinalis capitus							
Neck	spenius capitus							
Neck	splenius cervicis							
Neck	splenius capitus							
Neck	sternocleidomastoid							
L-Spine	quadratus lumborum							
L-Spine	external abdominal oblique							
L-Spine	iliocostalis - lumborum							
L-Spine	internal abdominal oblique							
T-Spine	erector spinae							
T-Spine	Iliocostalis - thoracic							
T-Spine	interspinales							
T-Spine	intertransversarii							
T-Spine	latissimus dorsi							
T-Spine	longisimus thoracis							
T-Spine	rotatores							
T-Spine	semispinalis cervicis (colli)							
T-Spine	semispinalis toracis (dorsi)							
T-Spine	semispinalis capitis							
Chest	serratus inferior							
Chest	serratus superior							
Pelvis	gluteus medius							
Pelvis	gluteus maximus							
Pelvis	gluteus minimus							
Pelvis	iliopsoas							
Pelvis	inferior gemellus							
Pelvis	lateral rotator group							
Pelvis	oburator internus							
Pelvis	piriformis							
Pelvis	quadratis femoris							
Pelvis	superior gemellus							
Pelvis	tensor fasciae latae							

Region	Muscle	New prob	L T	R T	Tendon origin	Tendon Insert	Sheath / ligament	TPI #
Leg	adductor longus							
Leg	adductor brevis							
Leg	adductor pectineous							
Leg	adductor gracillus							
Leg	adductor magnus							
Leg	articularis genus							
Leg	biceps femoris							
Leg	extensor hallucis long							
Leg	gastrocnemius							
Leg	quadriceps femoris							
Leg	rectus femoris							
Leg	sartorius							
Leg	semimembranosus							
Leg	semitendinosus							
Leg	soleus							
Leg	tibialis anterior							
Leg	vastus intermedius							
Leg	vastus lateralis							
Leg	vastus medialis							
Shoul	deltoid							
Shoul	infraspinatus							
Shoul	latissimus dorsi							
Shoul	levator scapulae							
Shoul	pectoralis major							
Shoul	pectoralis minor							
Shoul	rhomboid major							
Shoul	rhomboid minor							
Shoul	serratus anterior							
Shoul	supraspinatus							
Shoul	teres major							
Shoul	teres minor							
Shoul	trapezius							
Arm	biceps brachi							
Arm	brachialis							
Arm	flexor carpi ulnaris							
Arm	flexor carpi							
Arm	flexor digitor.. Superf							
Arm	pronator teres							
Arm	triceps brachii							