

Data driven recommendations for the performance of intra-articular knee injections.

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Hyaluronic acid injections must be strictly intra-articular. The frequency of injections which are not correctly carried out was studied by opaque arthrography (Jones BMJ 1993), and by mini-air arthrography (Bliddal Ann RheumDis 1999). In a personal study, we performed methylene blue injections immediately before knee arthroscopy. The results are concordant and show that a third of the injections on a dry knee is not intra-articular. The way of injection plays a major part. The lateral juxtapatellar portal makes it possible to obtain the best success rate.

The anterior portals are to be proscribed because the product is too much often injected into the fat pad. Intra articular injections are not so easy and uncontrolled experience does not increase the performance of correct placement. Controlled experience by arthrography, arthroscopy or on cadaver is recommended.

