

Chart 2: Suggested guidelines for intraarticular injections^{6,23,21}. There is lack of consensus on optimal dosing, therefore dosage adjustment of medication/diluent can be done.

Structure	Example	Triamcinolone acetonide dose (mg) or equivalent	Lidocaine diluent dose, concentration	Needle gauge
Large joint	Hip	40	4mL, 1%	21-22
Medium joint	Shoulder, knee	40	4mL, 1%	22-25
Small joint	Wrist	20	1.5mL, 2%	23-25
Very Small joint	Metacarpophalangeal joints	5-10	0.50–0.75mL, 2%	25
Large bursa	Subacromial	40	4 mL, 1%	22-25
Medium bursa	Olecranon	20	1.5mL, 2%	23
Small bursa	Anserine, retrocalcaneal	20	1.5mL, 2%	25
Tendon sheath	DeQuervain's	10	0.75mL, 2%	25