

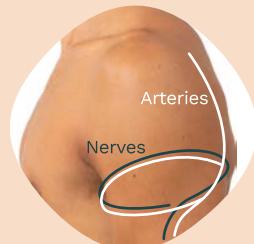
Injecting into your shoulder. *Know how.*

Get to know your anatomy

Injecting into your deltoid (shoulder muscle) is generally safe when done correctly. However, it is important to inject the right spot to avoid hitting key nerves and blood vessels near the shoulder.

Key structures:

- **Acromion** – A bony prominence on the top of the shoulder blade. It's a small, flat structure which you should be able to feel at the tip of the shoulder.
- **Axillary nerve** – Runs behind and around the humerus (upper arm bone). It controls movement and sensation in the shoulder.
- **Posterior circumflex humeral artery** – A blood vessel that wraps around the humerus alongside the axillary nerve, supplying blood to the shoulder.

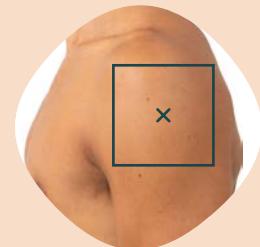


Finding the safe zone

To avoid nerves and blood vessels, you need to target the thickest part of the deltoid. There are two easy ways to find it:

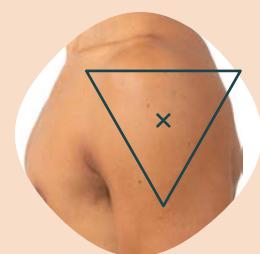
1. Square method

Visualise a square over the deltoid. Inject into the centre of this square.



2. Upside-down triangle method

Visualise an upside-down triangle over the deltoid. Inject into the centre of the triangle.



No matter which method you use, the correct site is about 3 fingerbreadths below the acromion, where the deltoid muscle is thickest.

Avoiding the danger zone

- Don't inject too low, as this increases the risk of hitting the axillary nerve and posterior circumflex humeral artery, which can cause pain, numbness, or improper absorption.
- Avoid injecting too close to the acromion, as this can miss the muscle entirely, and risk damaging the shoulder joint or capsule.