

Injecting into your thigh. *Know how.*

Get to know your anatomy

Injecting into the thigh (vastus lateralis muscle) is a safe option for intramuscular (IM) injections. The thigh has a large surface area and fewer major nerves and blood vessels compared to other injection sites. However, it's important to inject the right spot to avoid discomfort and ensure proper TRT absorption.

Key structures:

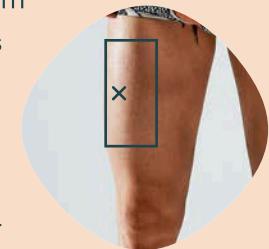
- **Vastus lateralis** – The preferred muscle for IM injections in the thigh, located on the outer part of the upper leg. It is thick and well-suited for deep injections.
- **Femur** – The thigh bone runs down the centre of the leg.
- **Lateral femoral cutaneous nerve** – This nerve supplies sensation to the outer thigh. Injecting too high or too far outward may irritate it, causing pain or tingling.
- **Femoral artery and nerve** – These run along the inner thigh, so injections should be placed on the outer third of the thigh to avoid them.

Finding the safe zone

To inject safely into the vastus lateralis, you need to locate the correct area.

1. Divide the thigh into thirds

Sit or stand with your leg relaxed. Mentally divide the length of your thigh into three equal parts from hip to knee. The middle third of the outer thigh is your target area.



2. Place your hands to confirm

Rest one hand on your hip and the other just above your knee. The injection site is in the outer middle section between your hands, about halfway between the hip and knee.

Avoiding the danger zone

- Do not inject too close to the knee or hip, as the muscle is thinner in these areas, increasing the risk of injecting into fat instead of muscle.
- Stay on the outer third of the thigh to avoid hitting the femoral nerve, artery, or vein, which run along the inner thigh.
- Avoid injecting directly over the femur to prevent discomfort or poor medication absorption.