



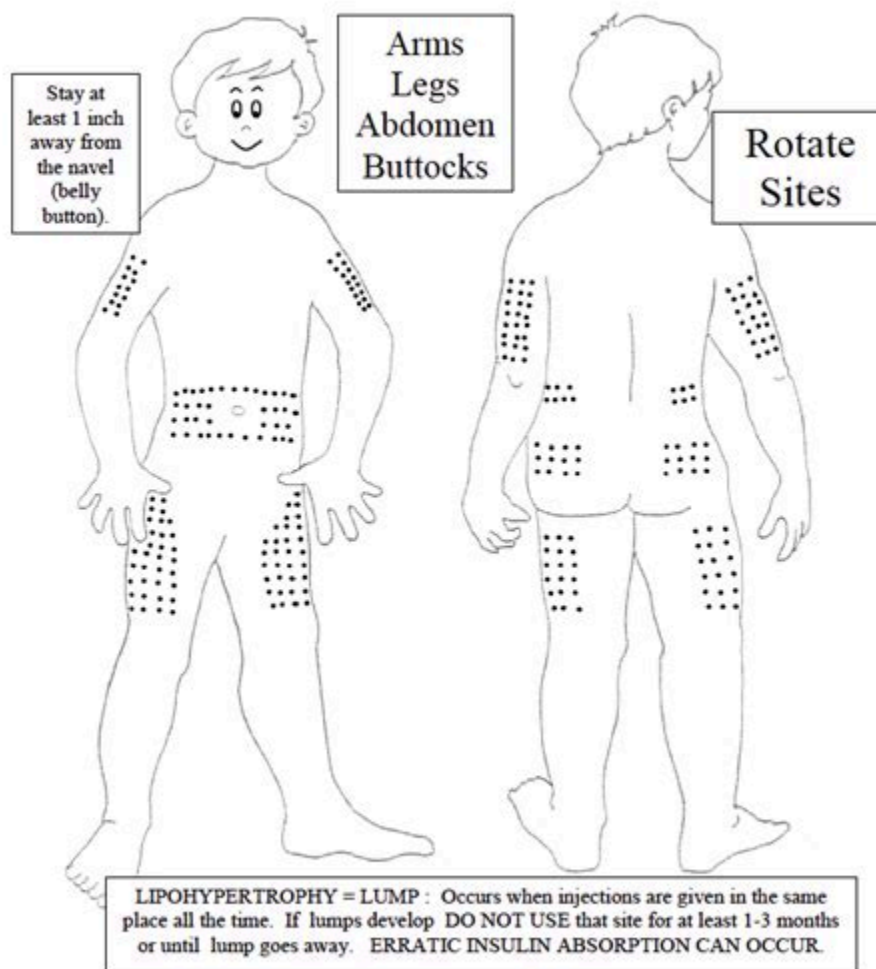
Are people exaggerating on the need to rotate injection sites? Discussion Been on steroids for 3 years now and cruising/blasting for the most part and I never injected anywhere else besides my quads doing 2ml eod at most.



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Rotating Injection Sites - T1D Toolkit

Injection Sites



When giving injections, it is important to rotate injection sites to reduce the risk of lipohypertrophy (fatty lumps under the skin). It is caused by receiving multiple injections in the same area of skin over an extended period of time. They lumps can be slightly painful and may affect the absorption of insulin.

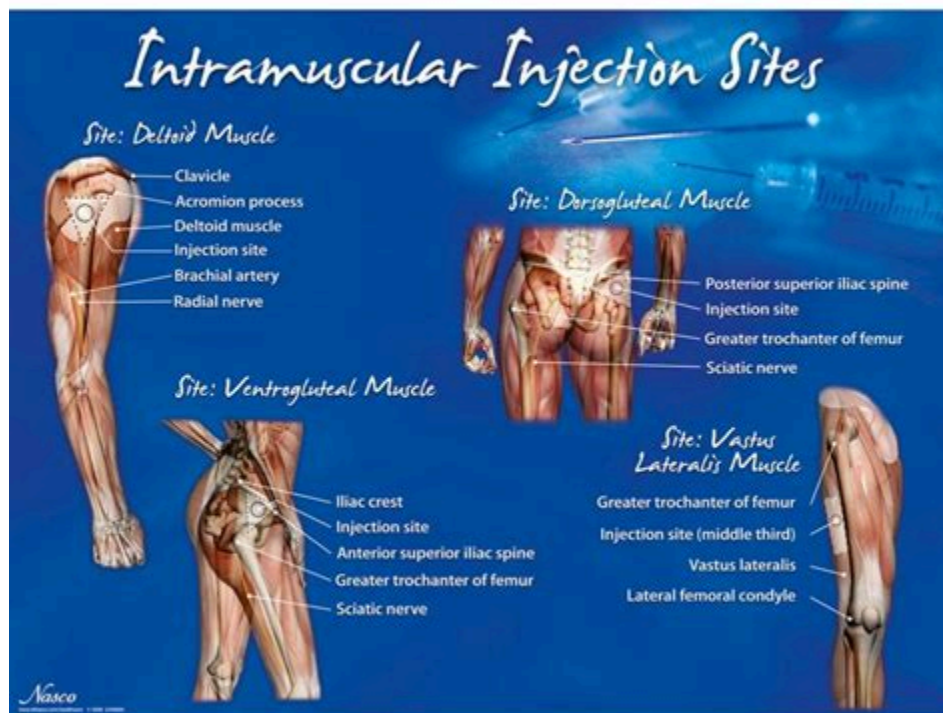
Updated 2/17/19

Managing Diabetes: Injection Site Rotation - University of Rochester .



Deltoids This is a site which is more commonly used again, being reasonably easy to access and not too sensitive. To be effective you'll need to inject into the deepest part of the shoulder; this should be higher than the armpit and in the area known as the lateral head. Biceps and triceps

Best site injection areas for injectable steroids



Injectable steroids also have their drawbacks: Injection site pain and discomfort: Users may experience pain or discomfort at the injection site. This can be mitigated by using proper injection techniques and rotating injection sites. Increased risk of infections: Improving poor hygiene can increase the risk of infections at the injection site .

Comparison of efficacy three-site versus single-site steroid injections .

At 6 .75, s of	improvement in range of motion.				
	Movement	Group A Single Site Injection N = 49	Group B Three Site Injection N = 49	P-Value	
e	Flexion (Degrees)				
	Initially	54.16 ± 8.46	55.39 ± 8.47	0.68	
	At 3 Months	71.31 ± 9.44	76.63 ± 9.84		
	At 6 Months	111.27 ± 11.75	122.63 ± 20.89		
	Extension (Degrees)				
	Initially	26.59 ± 5.77	26.65 ± 5.84		0.04
At 3 Months	34.47 ± 7.08	40.88 ± 6.45			
At 6 Months	44.9 ± 5.35	50.1 ± 6.95			
Internal Rotation (Degrees)					
Initially	54.96 ± 7.26	55.98 ± 7.03	0.394		
At 3 Months	75.41 ± 6.78	79.02 ± 8.32			
At 6 Months	112.2 ± 12.4	123.86 ± 20.3			
External Rotation (Degrees)					
Initially	36.14 ± 5.14	34.88 ± 5.34		0.25	
At 3 Months	44.49 ± 4.18	54.59 ± 7.91			
At 6 Months	57.92 ± 5.59	79.41 ± 6.48			

r/steroids Open settings menu r/steroids • 10 yr. ago [deleted] NSFW Do I Need To Rotate Injection Sites? So I am injecting Tren/ Test 7 days a week with 25ga pins. I just recently began injecting into the glutes and am shocked as to how painless it is.

Rotating injection sites? : r/steroids - Reddit

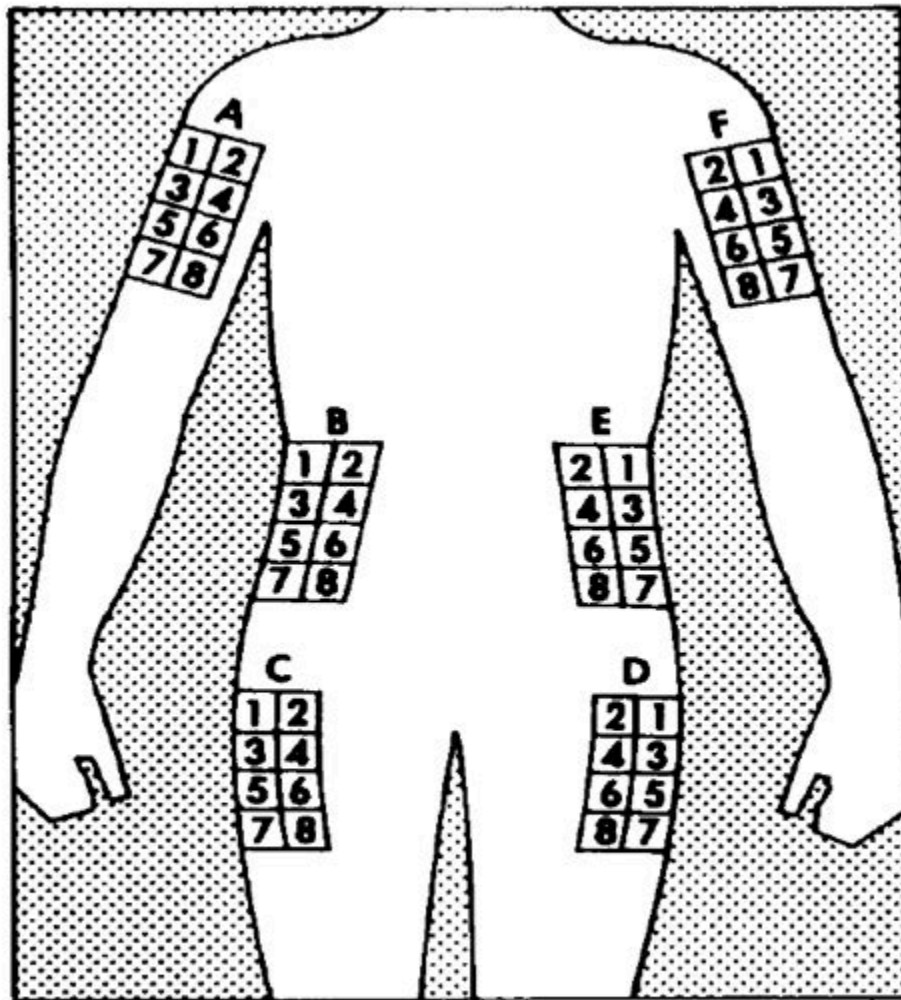


Figure 1-9. Sites for injection.

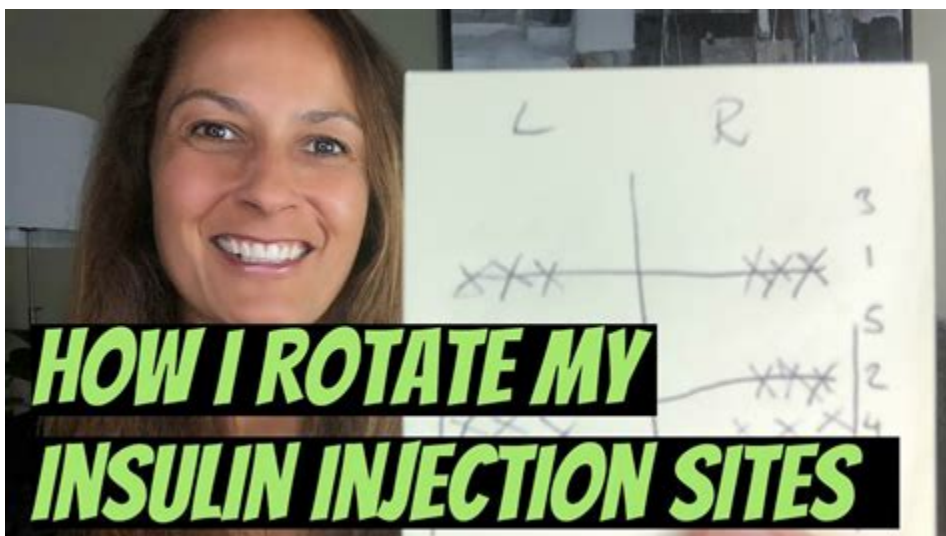
Last updated: Oct 8, 2023 SteroidCycle is intended for informational purposes only and does not take the place of professional medical advice. Injecting steroids for the very first time is a daunting task for just about anyone who has done it. Even the most seasoned pros can probably think back to their first injection.

Safer injecting for steroid users - With You



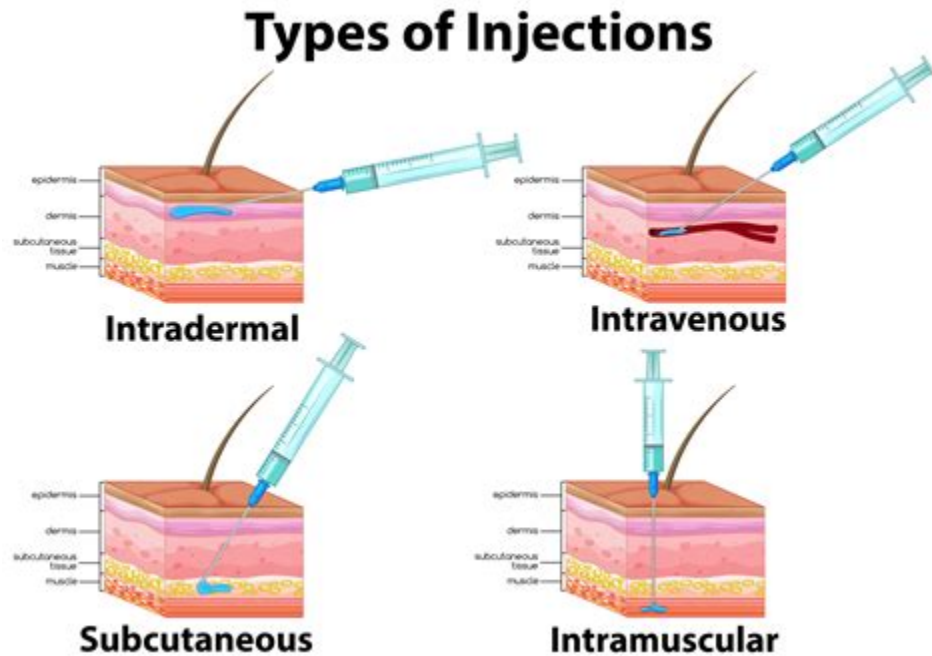
The following sites are the safest areas of the body to inject (please remember that this is only for injecting steroids and not other drugs). The three sites are large muscles but you still have to be careful about avoiding blood vessels and nerves. Never inject more than 2ml into a muscle. The Buttock This is the safest of the three sites to .

Do I Need To Rotate Injection Sites? : r/steroids - Reddit



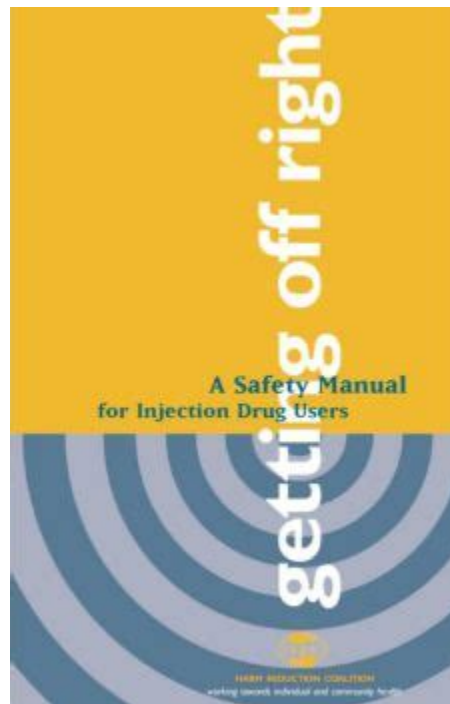
The purpose of this study was to compare the efficacy of a three-site steroid injection technique that used anterior capsule, sub Acromial, and sub-coracoid injection sites to a single-site technique. . A 34. 88 external rotation score was recorded; however, the score was later improved to an impressive 79. 41. There was a significant .

Injection Types & Sites: What you need to know - Drugs



Rotating injection sites Hi guys Firstly, would you say that using a total of 4 injection sites is suitable to limit the chance of scar tissue build up etc? (Both glutes, both delts). I have pinned all 4 of those spots now and due to go back to my right glute tomorrow.

Getting Off Right: A Safety Manual for Injection Drug Users



ID injections: Botox, steroids, and the tuberculosis (TB) vaccine. Also used for allergy testing: . Rotate your injection sites - the best spot is not always the same spot. If you are receiving SC and IM injections regularly it's recommended to rotate the site of your injections. Injecting in the same spot each time can cause the skin in .

The Injection Technique Factor: What You Don't Know or Teach Can Make a .

TABLE 1. Top 10 IT Recommendations

1. Have patients demonstrate their IT, either by performing an actual injection or by injecting into a pad or foam pillow. Use this as a teaching occasion, praising what they do correctly and correcting any improper practices.
2. Injections should only be given into clean, healthy sites using clean hands. Disinfecting the skin is generally not required.
3. Injections must be given subcutaneously, not intramuscularly. The 4-mm pen needle has the lowest risk of IM injection and allows wider zones for rotation.
4. Needles that are 12.7 mm in length are not recommended for any patients, and patients who are using 8-mm needles should be switched to shorter lengths.
5. The 4-mm needle is preferred for all injectors regardless of age, sex, ethnicity, or BMI. It should be inserted perpendicular to the skin (90° to skin surface)—not at an angle—regardless of whether a skinfold is raised.
6. Very young children (≤6 years of age) and very thin adults (BMI <19 kg/m²) should always inject with the 4-mm needle into a lifted skinfold. Other children, adolescents, and adults may inject without a skinfold.
7. Inspect patient injection sites at least annually, both visually and by palpation using gel to aid in detection of LH. Make patients aware of the presence of any LH, and instruct them not to inject into it. Use the LH lesion to teach them what to feel and look for and engage them in surveying their injection sites.
8. If LH is found, switch injections to normal tissue while decreasing the dose of insulin. Reductions often exceed 20% of the original dose. Monitor SMBG results closely.
9. Rotate injections systematically to avoid LH, injecting at least 1 cm (approximate width of an adult finger) from previous injections.
10. If possible, patients should avoid reusing needles, which are sterile, one-use devices. Excessive reuse (more than five times) has been associated with LH.

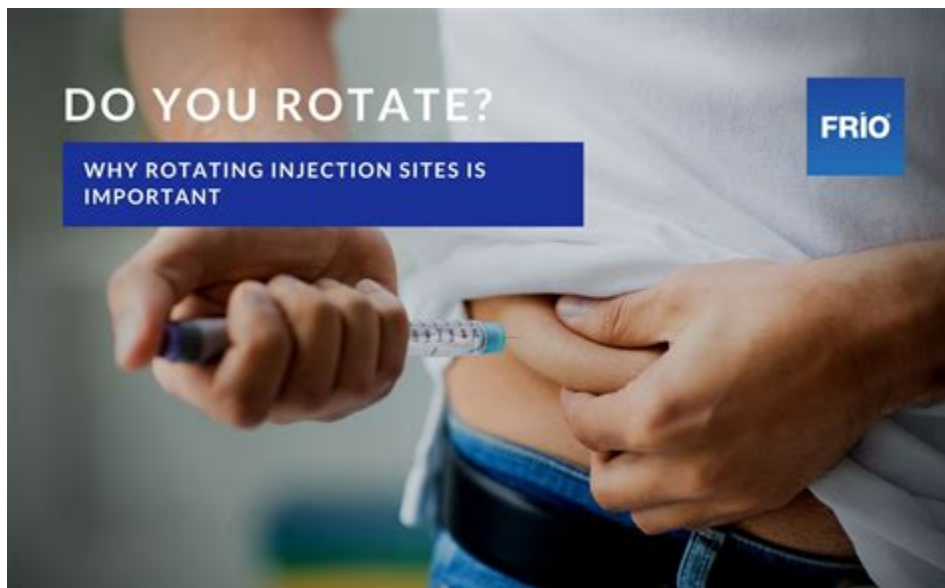
Rotating sites with each injection may also help to minimise irritation and ISP. Managing Patient Expectations Patient expectations of potential ISP with any given SC biologic need to be carefully managed given that adherence to these agents can be influenced by ISP and skin perception, with misconceptions of SC routes of administration .

How and where are steroid injections given? - Drugs



Rotating sites means following a regular pattern as you move your shots from site to site. This is important in order to avoid a build-up of fatty tissue which can occur when shots are always given in the same place. Fatty tissue build-up can change how quickly insulin is absorbed from the skin, which may in turn affect blood sugar levels.

Are people exaggerating on the need to rotate injection sites?



Injecting into a muscle step by step. Draw up with a green needle, then swap to a blue for injecting. Insert the needle at 90 degrees to your body. It needs to go in most of the way. Draw the plunger back slightly to check you haven't hit a vein or artery. If you have, you'll see blood in the barrel.

Rotating injection sites - Steroid

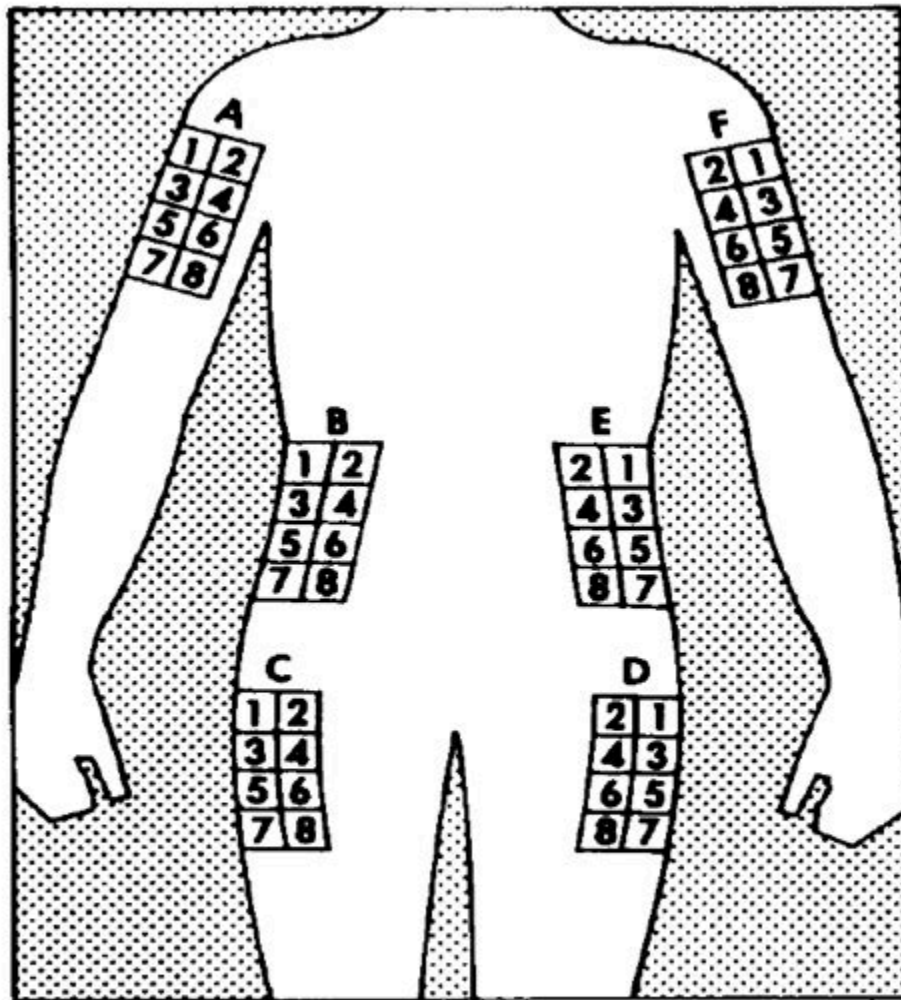


Figure 1-9. Sites for injection.

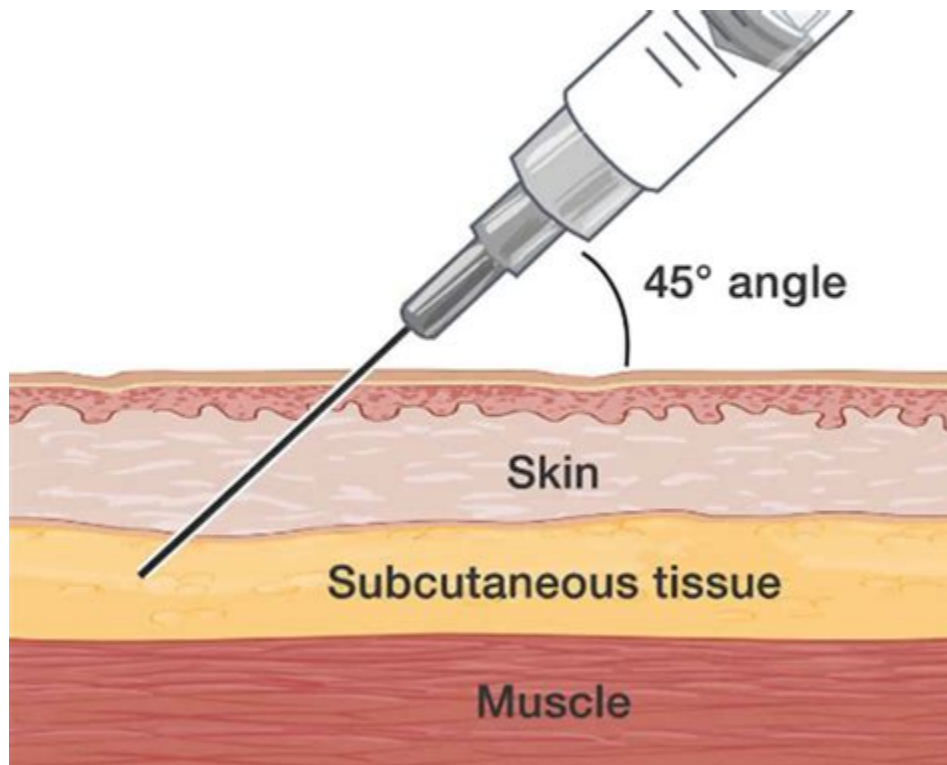
Local anesthetics are often given for steroid injections into the spinal cord or a joint, bursae, or around tendons. These minimize the pain, and some people feel no pain at all, but their effects wear off within half an hour unless you've been given one that is long-acting. You may find you have some residual numbness after the anesthetic .

Steroid Injection Guide - IronMag Bodybuilding & Fitness Blog



Upper Arm Your deltoid muscle is the large muscle in your upper arm, just below your shoulder. To find the injection site, feel for the bone at the top of your arm where your arm meets your shoulder. The injection site is about 2 inches below that spot (or roughly two or three finger widths).

Understanding and Minimising Injection-Site Pain Following Subcutaneous .



Most common syringe specs for steroid injections: 23-25 gauge...1/2 to 1.5 inch needle length...3 cc syringe. Most common syringe specs for peptide injections: 28-31 gauge...5/16th to 1/2 inch needle length...1 cc syringe. . The following is an example of an effective injection site rotation: Injection #1: Upper-left glute Injection #2: Upper .

Steroid Injection: The Ultimate Guide - Steroid Cycles

Weeks	Stanozolol	Nan D	Clomid
1	20mg/day	200mg/week	
2	30mg/day	200mg/week	
3	40mg/day	200mg/week	
4	50mg/day	400mg/week	
5	50mg/day	400mg/week	
6	40mg/day	200mg/week	
7	30mg/day		
8	20mg/day		
9			100mg/day
10			50mg/day
11			50mg/day
12			50mg/day
Total	200tabs	8ml	40tabs

Some drugs, including injectable steroids and hormones, must be injected into a muscle instead of a vein, but heroin and other opiates can also be administered using this method. . Always be careful to avoid nerves, blood vessels, or bones, and rotate injection sites to avoid bruising, abscess formation, and the like. It is not uncommon for .

Oral Vs Injectable Steroids - Anabolic



In a controlled, multicenter, prospective study in patients with LH , the intervention contained repeated instructions to shift injections to non-LH areas, to rotate correctly within injection sites, to avoid needle reuse, and to switch to 4-mm needles to facilitate rotation without increasing the risk of IM injections. Patients were also given .

Lipohypertrophy: Causes, diagnosis, and treatment - Medical News Today



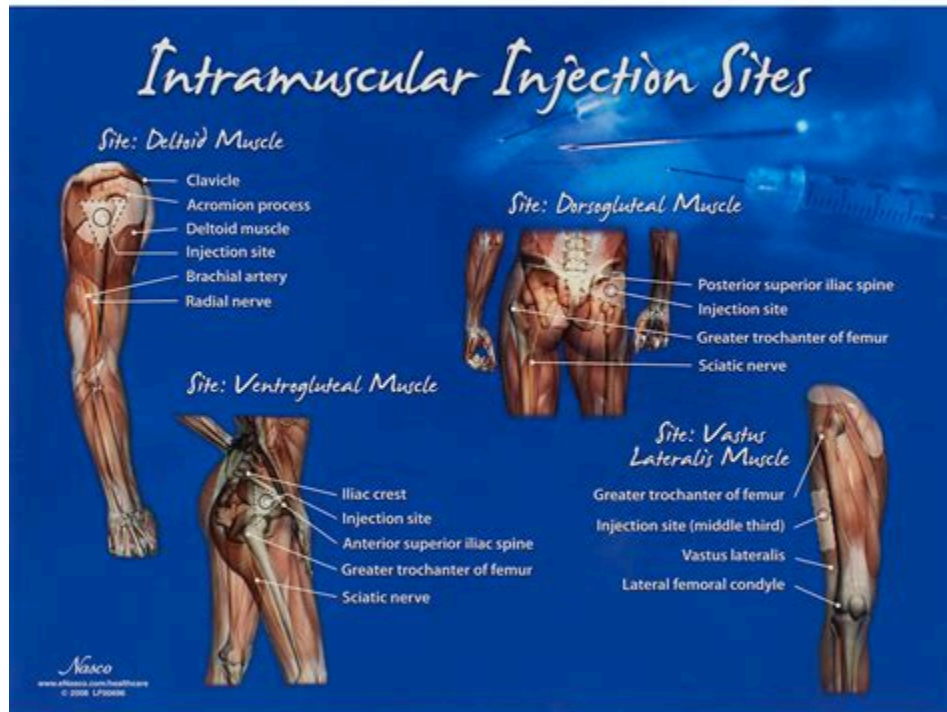
The rotation of injection sites is an important modifiable risk factor for lipohypertrophy. . Doctors may also recommend medical or cosmetic treatments, such as steroids or liposuction, to .

Single-Site Corticosteroid Injection Is as Effective as Multisite .



The half-life of Drostanolone Enanthate is up to 6 days. To maintain stable blood levels, injecting the steroid twice weekly is recommended. When dividing the total weekly dosage, ensure each injection contains half the weekly dose. For example, if the total weekly dosage is 600mg, inject 300mg on Monday and 300mg on Thursday throughout the cycle.

Injecting Sites The Buttock The Thigh Information The Shoulder for .



juicyg NSFW Rotating injection sites? It's been about 36 hours after my first pin. I hit right glute and the pip is definitely there. I found that ibuprofen takes it away fine. Anyways, I was reading that virgin muscles will always get sore the first few times.

The Best Intramuscular (IM) Injection Sites - Verywell Health



I: Multisite steroid injection (20-40 mg dose may be better for one injection site and it is better to have three or more sites for multiple injection); C: Single steroid injection; O: VAS, ROM, shoulder function score (such as the ASES score, CMS score, and UCLA score), and adverse events; and. S: Randomized study or other type clinical trial.

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