

Appendix 5. Summary of the literature evaluating multi-joint injections.

Author/Year	Target	Study Design	Level of Evidence	Subject Type/Number	Accuracy Confirmation	Outcome
Sibbit 2011 ¹²⁷	Joints with inflammatory arthritis	Prospective, randomized comparison of USGI vs. LMGI efficacy and cost-effectiveness	Level 2	244 live human subjects	None	USGI = less procedural pain, more pain relief, more responders, less non-responders, and less expense than LMGI
Cunnington 2010 ¹²⁶	Joints with inflammatory arthritis	Prospective, randomized comparison of USGI vs. LMGI accuracy and efficacy	Level 1 = accuracy, Level 2 = efficacy	184 live human subjects	Arthrogram	USGI = 83% accurate, LMGI = 66% accurate, USGI = more clinical improvement and pain reduction at 6 weeks compared to LMGI
Sibbitt 2009 ¹²⁸	Painful joints	Prospective, randomized comparison of USGI vs. LMGI efficacy	Level 2	148 live human subjects	None	USGI = less procedural pain, and more pain relief, ability to detect and aspirate effusions, more responders, and less non-responders

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USGI = ultrasound-guided injection, vs = versus, LMGI = landmark-guided injection