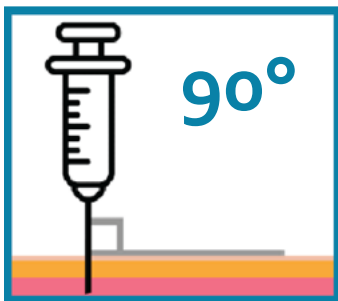
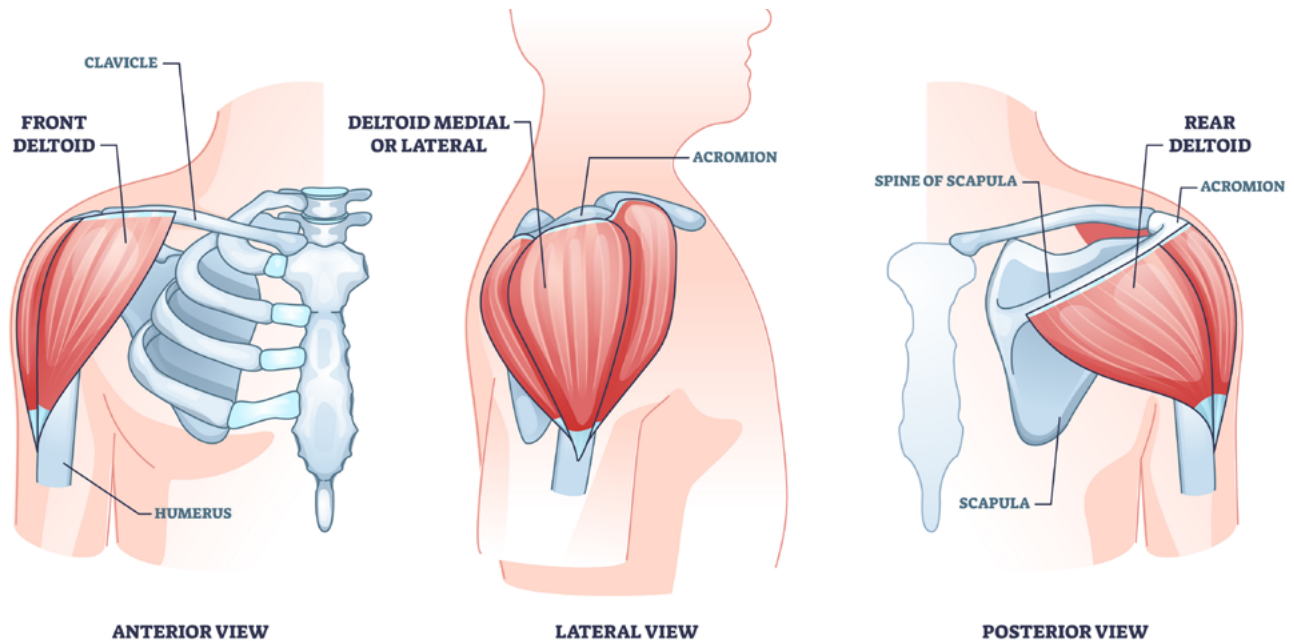


DELTOID INTRAMUSCULAR



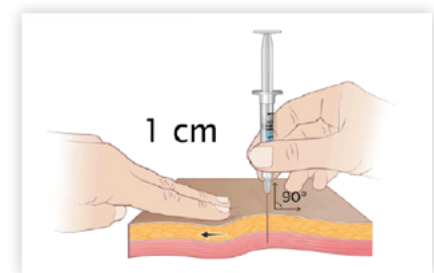
Injection angle: 90°
Max volume: 1 mL (recommended).
(Can go up to 2 mL depending on body habitus.)

Steps to find the injection site:

1. Find the knobby top of the acromion process
2. Imagine the base of an inverted triangle starting two finger widths below the acromion process (see picture on the right)
3. Give the injection in the center of the inverted triangle, into the deltoid muscle

Aspiration Method: Pull back plunger to check for blood before injecting. [This is advised by FDA for certain injectable medications.]

Z-Track Method: Displace skin layer before injecting to contain injected medication below subcutaneous layer and in the intended muscle.



Funding for SMI CalAdviser was made possible by the State of California Department of State Hospitals (DSH) (the Department), but does not necessarily represent the views of the Department or any of its employees except to the extent, if any, that it has formally been approved by the Department.