VENTRAL GLUTEAL (or VENTRO-GLUTEAL) INTRAMUSCULAR

Steps to find the injection site:
1. Find the greater trochanter (size of a golf ball) at the top of the femur
2. Find the anterior iliac crest
3. Place the palm of your hand over the greater trochanter
4. Point index finger toward the anterior iliac crest
5. Point middle finger straight up (making a “V” shape with index finger)
6. Use thumb to stabilize, pointing forward
7. Give the injection in the “V,” into the gluteus medius muscle

Injection angle: 90°
Max volume recommended: 3mL
(some specific agents may be approved for up to 5mL)