

Dr. Anyl Lloyd Gopeesingh

Specialist in Sports and Exercise Medicine

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Member of the American College of Sports and Exercise Medicine

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PATIENT INFORMATION SHEET

CORTICOSTEROID INJECTION: INTRA-ARTICULAR

You have been advised that one such injection would be of benefit to you.

The following are perceived **advantages** of having this procedure performed:

- Reduction of pain due to anti-inflammatory properties of corticosteroids
- Confirmation of an intra-articular cause of pain, as local anaesthetic would provide some immediate reduction in pain
- Allow continued rehabilitation of injured area

The following are potential **disadvantages** of having this procedure performed

- Pain at injection site
- Risk of infection. Skin is prepared with iodine/alcohol preparations
- Bleeding at the level of the skin and intrarticular from inadvertent puncture of a blood vessel
- Sensation of “joint instability” or “wobbliness”. This is due to the local anaesthetic which can block the joint sensory receptors resulting in the brain being unaware of the position of the joint (loss of proprioception).

PROCEDURE

The joint to be injected would be positioned in the best possible position to minimize discomfort.

Bony landmarks would be identified as well as the joint entrance point for the injection.

Ultrasound imaging may be used to confirm injection point.

The skin would then be cleaned with a combination of iodine and alcohol. (If you have any known allergies to iodine please inform your clinician).

1-3 mls of local anaesthetic would be injected into the skin to minimize discomfort from the corticosteroid injection

The injection would then be introduced into the joint. This will normally take a few seconds. You may feel a small pressure as fluid (corticosteroid and anaesthetic) is introduced into the joint.

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Following the injection the needle would be withdrawn, firm pressure would be applied to the injection site, and a dry dressing would be applied at the injection site

You will then be asked to perform 10 isometric contractions of muscles around the joint.

POST INJECTION ADVICE

Following your injection you would be advised to ice the joint for 20 minutes every two hours for the first 24 hours.

The anaesthetic would normally last for a further 2 hours.

You are advised against any intense physical activity for 48 hours to facilitate re-activation of the sensory receptors. Normal activities of daily are allowed but caution is advised against any heavy lifting, sudden acceleration movements of the joint.

If you have any fever, swelling of the joint, local redness of the joint within the first 72 hours please contact me.

Dosage of Traimcyclone (corticosteroid):

Dosage of Local anaesthetic (2% lidocaine) :