

What are joint, muscle and tendon injections?

Joint, muscle and tendon injections are common procedures to deliver anti-inflammatory medicine around the source of your pain arising from specific joints, muscles or tendons. The aim of the injections is to reduce the pain and inflammation in the joint, muscle or tendon.

The most common type of injection is a combination of local anaesthetic with a steroid like cortisone. Some other types of injections are Botulinum toxin (Botox) and Platelet rich plasma injections (PRP). All injections are performed in theatres equipped with live X-ray machine to visualize the injection as it is performed.

The local anaesthetic agent will provide early pain relief but is short acting. The steroid reduces the inflammation in the injected area. Its effect begins anywhere from 6 hours to one week after the injection. Botox blocks the signal from the nerve to the muscles and will subsequently relax the injected muscle. PRP aims to heal the damage in your joint, tendon or muscle, subsequently providing better function and pain relief.

Some types of Injections:

Your doctor will decide which type of spinal injections will benefit you depending on the location of your pain:

1. Greater trochanteric bursa injection.
2. Gluteal tendon injection
3. Sacroiliac joint injection
4. Shoulder joint injection
5. Knee joint injection
6. Metacarpal/metatarsal joint injection
7. Elbow joint injection
8. Hamstrings injection

For more Information,
Videos and Resources,
visit our website.

advancedspinepain.com.au

Locations

Waratah Private Hospital
Suite 705, Level 7, 31 Dora Street
Hurstville NSW 2220

Prince of Wales Private Hospital
Suite 24, Level 7, Barker Street
Randwick NSW 2031

All Correspondence to
PO Box 95, Hurstville 1481

Phone (02) 9128 2288

Fax (02) 9128 2282

Email contact@advancedspinepain.com.au



Joint, Muscle and Tendon Injections

What to do before the procedure?

Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.

You will be advised of your fasting and admission time.

If you are on regular medication, you may take it with a sip of water on the morning of your procedure.

Please tell your doctor if you are taking blood thinning medications because you might need to stop them.

Unable to take Diabetes medications morning of procedure.

Continue ALL of your pain medication as usual.

If you are a smoker, you are required to stop smoking a minimum of 2 hours prior to your procedure.

What happens at the hospital?

When you arrive, you will be admitted to day surgery and changed into a gown.

Our Anaesthetist will provide sedation before the procedure through an IV drip.

The procedure takes around 30-40 minutes. Discomfort will be minimised by placing a local anaesthetic into your skin.

After the procedure, you will be taken to the Recovery Room where you will rest.

Keep in mind that you will be at the hospital for at least 3-4 hours in total.

When should I start to feel pain relief?

It may take up to 48 hours for the Cortisone (steroid) injection to begin to work.

Following your procedure, you can expect between 3 – 6 months of pain reduction.

What happens when I go home?

You will be discharged once there is no pain or weakness.

Normal activities may resume 12 – 18 hours after the procedure when the local anaesthetic has worn off.

You may experience common side-effects such as rashes on the injection site/s, redness and flushed sensation in face, or generalised body rash, redness and warmth. These are common reactions to cortisone injections which resolve spontaneously. For itchiness, most people are able to manage it with over-the-counter antihistamine medications.

When to seek medical attention?

Contact your GP or Local Emergency Department, if you experience the following:

- A temperature above 38° that does not improve.
- Loss of bowel or bladder control.
- Loss or worsening of muscle strength in the limbs.
- A headache in the standing position that is only relieved by lying down.
- Pus coming out of the injection site.

What activities can I do after the injection?

In the first 24 hours: We recommend that you rest and only participate in necessary gentle daily activities. Continue taking your prescribed medications as advised by your doctor.

In the first 2 to 3 days: You may experience discomfort at the injection site which you may take simple analgesics like Panadol or Nurofen.

After 3 days: Return to your usual activities up to the level of your personal comfort. Your pain experiences should start to diminish.

How long will my pain relief last?

This will depend on your personal circumstances but it can range from one week to several months.

Keep in mind that these blocks can sometimes be considered diagnostic of your pain triggers for further interventions.