

To contact us please telephone:

0161 227 0027

For more information, please see:

www.shoulderdoc.co.uk



Shoulderdoc.co.uk

Mr L Funk

BSc. MSc. FRCS(Tr&Orth). FFSEM(UK)
Consultant Shoulder & Upper Limb Surgeon
Honorary Professor

120 Princess Road Manchester M15 5AT
Tel: 0161 227 0027 Fax: 0161 227 0028
www.shoulderdoc.co.uk



**Shoulderdoc
Injection Leaflet**

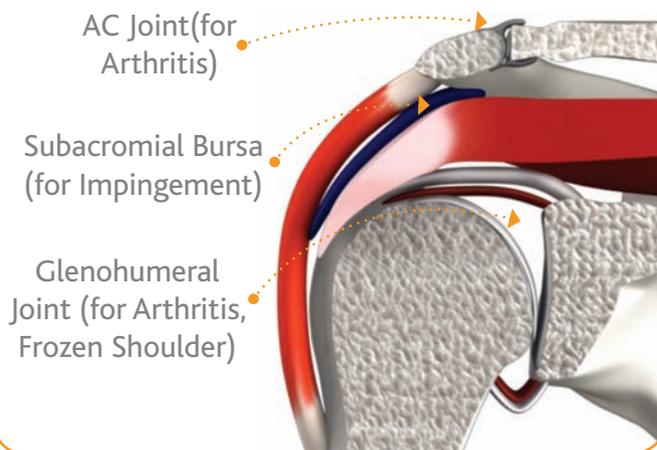
INTRODUCTION

Injections into soft tissues and joints can be very effective in giving pain relief when the tissues are inflamed. The injection that you have had includes a small amount of Steroid or Ostenil that has an anti-inflammatory action and a local anaesthetic, which numbs the area temporarily.

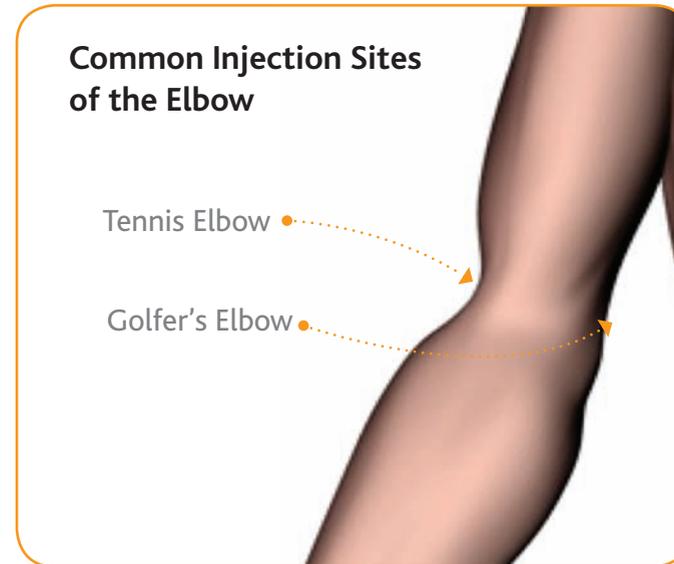
Relief of symptoms should begin within 24 hours and may last for weeks, months or longer. In some cases no relief is obtained.

This leaflet gives you some basic information about injections for the Shoulder and Elbow. If you have any questions after you have read the leaflet, please ask your doctor.

Common Injection Sites of the Shoulder



Common Injection Sites of the Elbow



TO GET THE MAXIMUM EFFECT FROM THIS TREATMENT IT IS IMPORTANT THAT YOU:

1. Rest the injected joint for the first 24 hours, just moving gently to aid the spread of the drugs used.
2. Avoid repetitive movements.
3. Keep the small plaster on for 24 hours to prevent anything entering the puncture site.
4. Avoid the activities that aggravated your condition, gradually resuming normal activities; stop if possible if this causes you pain.
5. Exercise is an important part of treatment as muscle wasting leads to worsening symptoms. It is important to achieve a balance between rest and exercise. Your physiotherapist can help you with this.

SOME PATIENTS MAY EXPERIENCE THE FOLLOWING:

1. Pain might be felt after the injection once the local anaesthetic wears off. This is usually about 4 hours after the injection and resolves within 2 to 3 days. Take painkillers that are suitable for you to help reduce this discomfort.
2. Infection can occur very rarely (in approximately 1 in 15000 people). If you develop a temperature or increased pain, swelling and redness at the site of the injection which lasts for longer than 48 hours or develops after 48 hours, please report immediately to your GP or hospital.

SPECIAL CASES

ATHLETES:

Cortisone (corticosteroid) injections, for individuals subject to drug testing under WADA (most professional and Olympic sports), are banned unless the athlete seeks a therapeutic use exemption (TUE), including supporting documents from a physician. Len Funk will sign this form for you at the time of your injection. Ostenil Hyaluronan injections are not prohibited and don't require a TUE form.

DIABETICS

If you are Diabetic, you will need to keep an eye on your blood sugars, as these can be raised slightly after a steroid injection. This usually settles after a few days.

FOLLOW UP

Len Funk will usually review you 6 weeks after the injection. It is important that you attend your review appointment so that we can assess the effects of the injection and provide you with additional advice as appropriate.

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