



Contact us

For further information
please contact:

East Riding MSK Physiotherapy

01377208300

Information about your
problem can be found at

www.chcpmsk.org.uk

Let us know what you think...

You can contact a CHCP Customer Care
Advisor if you have a comment, concern,
compliment or complaint by writing to:

Customer Care Advisor
City Health Care Partnership CIC
5 Beacon Way
HULL
HU3 4AE

chcp.customercare@nhs.net

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chcpic.org.uk




MSK PHYSIOTHERAPY

Injection Therapy
information Sheet

chcpic.org.uk

Version one





Please read this leaflet carefully. It provides information about the injection being considered. If you have any questions please ask your physiotherapist.

What is a corticosteroid (cortisone / steroid)?

A medicine which can relieve swelling, stiffness and pain by reducing inflammation.

When might an injection be considered?

Injections might be discussed if you have unmanaged pain that is not being helped by medication, and/or if your rehabilitation and function is being severely limited because of the pain. Your physiotherapist will discuss all of your options for pain relief.


What are the potential benefits?

- Reduction of pain and inflammation
- It might then help with rehabilitation for restoration of function

Times when you should not have a corticosteroid injection include:

- If you are under 18 years of age
- If you have a known hypersensitivity to the drugs being used
- If you are pregnant or breastfeeding
- If you have a known or suspected infection
- Into a previously infected or unstable joint
- Into a replacement joint, or a joint that is due to be replaced
- If you are due to have surgery in the next 7 days
- If you have unstable diabetes
- If you have epilepsy
- If you are immunosuppressed (have a reduced resistance to infection due to illness or medication)
- If you have had a live vaccine in the last 4 weeks (eg MMR/polio/yellow fever)
- If you are on certain anticoagulant (blood thinning) medication
- If you have previous of existing severe affective disorders (eg depression or bipolar disorder)

PLEASE NOTE This list does not include all health conditions that are screened for before an injection, but your physiotherapist will check carefully to make sure the injection is suitable for you. This will include all medication you are taking at the moment, so please bring a list with you as some medication can exclude you from having an injection.



What are the possible side effects that you may notice?

Some common side effects include:

- Flushing of the face for a few hours.
- Increased pain at the injection site which may last up to 2 days.
- Small area of fat loss or a change in colour of the skin around the injection site.
- Diabetic patients may notice a temporary increase in blood sugar levels. If so, this will only last a few hours.
- There may be some temporary bruising at the site of injection.

Some less common side effects include:

- Slight vaginal bleeding or menstrual irregularities
- Gastrointestinal effects including dyspepsia that may include an upset stomach or stomach pain
- Psychiatric reactions including affective disorders (eg depression or bipolar disorder)

Some very rare side effects:

- Tendon rupture
- Nervous system effects such as drowsiness, confusion, dizziness, pins and needles, fainting
- Steroid arthropathy (Accelerated degeneration of your joint surfaces)
- Joint and soft tissue infections
- Anaphylactic or allergic reactions

Infection is extremely rare. If the area becomes hot, swollen and painful for more than 24 hours you must contact 111 or attend your local A&E department. Infection is rare but can be serious and delay in seeking medical assessment can cause significant health issues

PLEASE NOTE the side effects listed may not represent all reported side effects.

For more detailed information about the potential side effects please refer to the Patient Information Leaflet your physiotherapist will provide

How fast does the injection work?

The corticosteroid usually starts to work within 24 to 48 hours but may take up to two weeks.

How long does the effect last?

This varies depending on the condition and also from person to person. Your physiotherapist will discuss this with you and the likely outcome for your problem.

What should I do after the injection?

The appointment will take up to an hour, as you will be asked to wait for up to 30 minutes afterwards to ensure you have no reaction. You will be able to drive if you do not have any reactions and feel safe to do so. Your post injection rehabilitation plan will be discussed with you by your physiotherapist.

What happens if I can't have an injection?

Your management plan will be fully discussed if there is a reason why you cannot have the injection. This will be fully explained by your physiotherapist.

For current Covid 19 guidance please go to:
www.gov.uk/coronavirus

