

INFORMATION FOR PATIENTS RECEIVING INJECTION THERAPY [1]

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

To gain the most benefit from this injection it is important that you follow the advice given to you, as failure to rest as advised can prevent the injection giving benefit. It often takes several days before any improvement is noticeable however during this time you should only experience your normal level of discomfort.

ADVICE

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The Physiotherapy Practitioner who has given you the injection will have checked your medical history to ensure that you are at minimal risk of any adverse reaction. However, should you notice any of the following symptoms of pain, swelling, redness or warmth around the injection site, or you feel generally unwell, please contact your GP or casualty and tell them about this injection.

Steroid: Dose:	Local Anaesthetic: Volume:
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It is important that you attend your review appointment so that your practitioner can assess the effects of the injection and provide you with additional advice as appropriate. If you do feel unsure about any symptoms, or you have any concerns please contact _____ during office hours or your GP or casualty department if more urgent.

Appointment
