



## Intra-Articular Joint Injections

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An intra-articular injection is a procedure where medication is injected into the joint space for the purpose of relieving joint pain. An intra-articular injection is typically given when a joint with localized pain (acute or chronic) has not responded to or stops responding to oral pain medication, oral anti-inflammatory medication, or other conservative treatment options.

### ***Frequently asked Questions:***

**1. What is the purpose?**

Joint injections are given to treat inflammatory joint conditions, such as rheumatoid arthritis, psoriatic arthritis, gout and occasionally osteoarthritis.

**2. Where are the joint injections given?**

Joint injections are most commonly given in your ankle, elbow, hip, knee, shoulder, spine and wrist joints.

**3. How is the injection performed?**

The patient is positioned in a way to best access the joint. Depending on which joint is affected, the patient is usually sitting for all injections involving the shoulder, elbows, wrists, fingers and knees. Patients receiving the injection in his or her hips, knees, ankles, and toes are often lying down. The patient's skin, at the insertion site are cleaned with an antiseptic solution first and then the injection is performed. Following the injection, a band-aid will be placed.



**4. How much time does the procedure take?**

A joint injection itself only takes about one minute to do.

**5. What medicine is injected?**

We inject a local anesthetic along with a corticosteroid.

**6. How will I feel after the injection?**

You may have a sore back after the injection for a few days. Using an ice pack three or four times a day will help this. If local anesthetic is injected into the epidural space, you may experience weakness or numbness in the legs for a few hours.

**7. How long does the effect of the medication last?**

The cortisone (steroid) starts working in 24 to 48 hours. The effects of this medication can last anywhere from a couple of days to a couple of months. The instant effect you feel is from the anesthetic and will wear off in a couple hours.

**8. What if I don't get relief?**

If the first joint injection does not alleviate the pain within two or three weeks, it may be recommended to have one or more injections or further examination to find the reason for the pain.

**9. How many injections can I have in a year?**

We usually will not give joint injections more often than every 3 months. If the injections help, it may be recommended that you come back on an as needed basis.

**10. What are the risks and side effects?**

Like most procedures, injections are not risk-free and there is always a possibility of side effects. Complications of joint injections are very rare and almost never serious. The most common side effect is pain. This is only temporary. The other risks involve infection, bleeding, worsening of symptoms etc. The other risks are related to the side effects of steroids: including weight gain, increase in blood sugar (mainly in diabetics), water retention, suppression of body's own natural production of cortisone etc.

**11. Who should not have the injection?**

If you are allergic to any of the medications to be injected, if you are on a blood thinning medication, if you have an active infection going on, or if you have poorly controlled diabetes or heart disease, you should not have a joint injection or at least consider postponing it if postponing would improve your overall medical condition.

For additional info and to watch informational videos on this procedure, please visit our website at: [www.mypainsolution.com](http://www.mypainsolution.com)

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