



WESTERN ORTHOPEDICS & SPORTS MEDICINE

Enhancing & Restoring Active Lifestyles

2373 G Rd Suite 100 • Grand Junction, CO 81505

Office: 970.245.0484 • FAX: 970.242.3087

www.westernorthosports.com

Injection of Corticosteroid

You have decided to have an injection of corticosteroid. The purpose of this injection is to provide anti-inflammatory activity to a localized area, such as the knee, shoulder or other potential area of injection. This is utilized for pain reduction and relief as well as a diagnostic component.

The injection is a mixture of corticosteroid with local anesthetic(s). The medication(s) will numb the area quickly and possibly provide relief for 6-12 hours. The corticosteroid should provide extended relief following the initial relief with the anesthesia. The duration of the action is variable for patients and is difficult to predict. Corticosteroids can provide increasing relief for up to 6 weeks. Although it is not uncommon to have relief for several months, additional corticosteroids can be utilized with caution, restricting the number to 2-3 injections for a specific joint or area.

Do not resume your normal activities: such as exercises or physical therapy for the initial 72 hours following the injection unless instructed otherwise. Do not overuse the joint, even though it may be relatively pain free.

**Gentle range of motion type exercise is important with the injected joint or area.

All medications have unknown side effects, and some unpleasant reactions that are not true allergies. Some of the side effects of the corticosteroids can include:

1. An elevation in your blood sugar if you have diabetes
2. A localized increase in pain at the injection site.
3. Retention of fluids

These side effects are not serious and will pass with time. If you find your discomfort has increased after the injection, apply ice to the site, and if tolerated medicine such as Advil, Ibuprofen or Tylenol can be utilized.

More serious side effects include infection or allergic reaction to the medication. An infection would be rare. Signs of infection would be heat, increasing pain, red streaks traveling up from the injection site, feeling systemically ill and a temperature of above 100 degrees Fahrenheit. You should call our office immediately should you have these symptoms. An allergic reaction can occur after any medication. Symptoms may include a rash, nausea, swelling, shortness of breath or anaphylaxis. Any of these symptoms are possible but are extremely rare after receiving an injection.

Physicians:

Richard A. Knackendoffel, D.O.
F.A.O.A.O.

Christopher J. Copeland, D.O.
Fellow Sports Medicine/Foot & Ankle

Mitchell T Copeland, D.O.
Fellow Arthroscopy/Sports Medicine/Joint Reconstruction

Kennan J. Vance, D.O.
Fellow Arthroscopy/Sports

Danny J Mistry, M.D.
Internal Medicine