Reading Shoulder Unit

www.readingshoulderunit.com

Injection therapy for shoulder problems

What does the injection do?

It suppresses inflammation in the tissues and helps combat musculo-skeletal pain. Many patients obtain lasting relief of symptoms.

What is the injection?

The injection comprises of two ingredients: Local anaesthetic (Marcaine), which is used to aid the diagnosis and diminish pain, and: Slow release steroid (depo-medrone), which is an anti-inflammatory medication to reduce swelling

What are the potential common side effects?

1. Post injection flare – you may experience a temporary worsening of pain and sometimes there is a little swelling and local heat. This reaction is quite rare with the depo-medrone we use. The flare is temporary and will settle quickly if an oral non steroidal anti-inflammatory like Ibuprofen or analgesia (painkiller) like paracetamol is taken. An ice pack over the area may also help.
2. Facial flushing – reddening of the face may very occasionally occur, but this usually only lasts 24 – 48 hours and is not uncomfortable.
3. Menstrual irregularity – this is very rare with the low dosages of steroids we use.
4. Skin changes – slight discoloration and thinning of the skin may occasionally occur locally at the site of the injection.

Very rare side effects

- Diabetes – if you are a diabetic, you may experience transient upset of your glucose control, so it is important to monitor your sugar levels for up to two weeks after your injection. Tendon rupture as a result of the injection
- Allergy - it will occur within minutes of the injection and we have full medical facilities to hand.

What should I do or expect after the injection?

Anti-inflammatory effect: this starts 24 – 36 hours after the injection and will continue to work for up to three weeks, and may give long lasting benefits.

Do not: undertake the sport or repetitive activity which caused your problem for one week after your injection. You may require physiotherapy to prevent recurrence for your problem. This will be decided upon at your follow-up appointment in clinic.

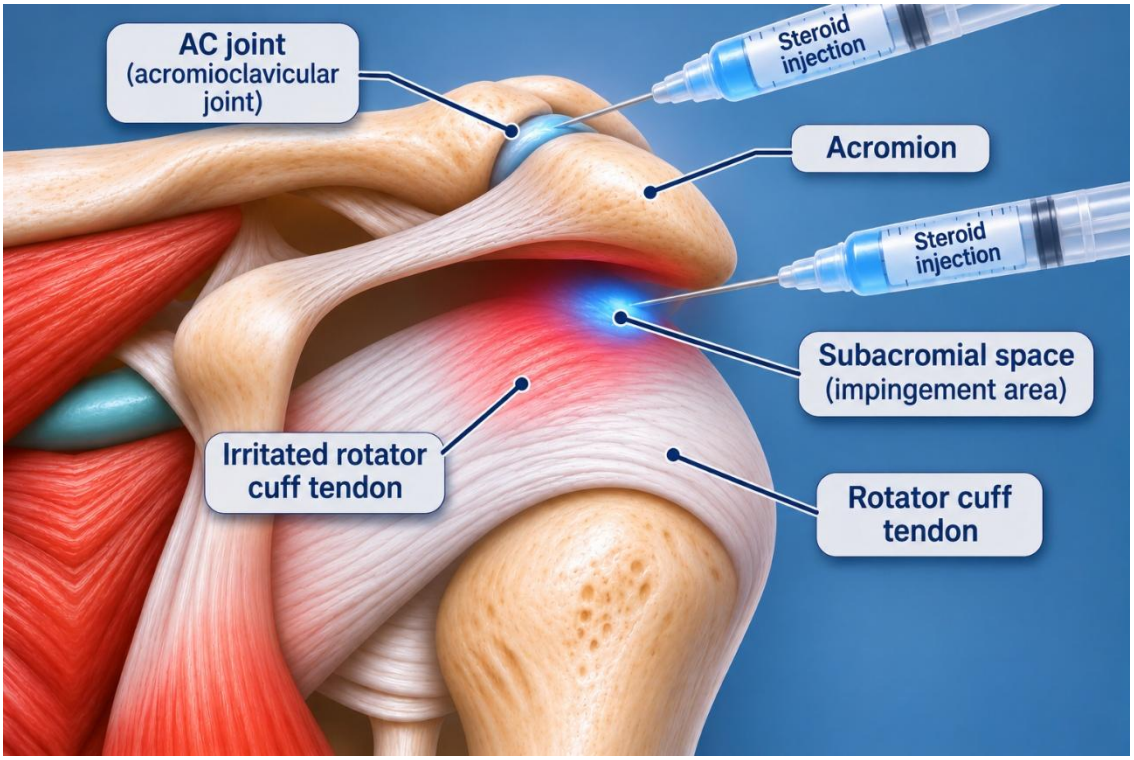
Flare: if the area becomes hot and swollen, contact your GP or clinic as soon as possible.

Please Note:

The attached stretching exercises should ideally be taught to you by a physiotherapist, as not all may be suitable.

Also manual therapy, shoulder management advice, and painless rotator cuff exercises, in addition to these exercises may be beneficial.

The exercises are often prescribed following injection into the bursa, but 1:1 with a physiotherapist is even better.



Reading Shoulder Unit



www.readingshoulderunit.com

Appointments:

Private:

Professor Ofer Levy, MD MCh(Orth) FRCS

Practice Manager: Cherie Emmitt
Telephone: 07367 582777

e-mail: bm@readingshoulderunit.com

NHS:

Reading Shoulder Unit
NHS Choose & Book -

The Berkshire Independent Hospital
Swallows Croft, Wensley Road,
Reading, RG1 6UZ

Secretary: Helen Henly
Telephone: 0118 902 8109

e-mail: Helen.Henly@ramsayhealth.co.uk

Reading Shoulder Unit
NHS Choose & Book -

Spire Dunedin Hospital
16 Bath Road,
Reading, RG1 6UZ

Secretary: Karen Dawson
Telephone: 0118 955 3496

email: karen.dawson2@spirehealthcare.com

For patient testimonials see website:

http://www.readingshoulderunit.com/patient-informaion/feedback

Industry Relationships

Reading Shoulder Unit surgeons and scientists may collaborate with the pharmaceutical or medical device industries to help develop medical breakthroughs or provide medical expertise or education. Reading Shoulder Unit strives to make scientific advances that will benefit patient care and support outside relationships that promise public benefit. In order for the discoveries of Reading Shoulder Unit surgeons' and scientists' laboratories and investigations to benefit the public, these discoveries must be commercialised in partnership with industry. As experts in their fields, Reading Shoulder Unit surgeons and scientists are often sought after by industry to consult, provide expertise and education. To assure professional and commercial integrity in such matters, Reading Shoulder Unit maintains a program that reviews these collaborations and, when appropriate, puts measures in place to minimise bias that may result from ties to industry. In publicly disclosing this information, the Reading Shoulder Unit tries to provide information as accurately as possible about its surgeons' and scientists' connections with industry.

Professor Levy has a professional relationship with the company that makes the Verso prosthesis. He helped design it and acts as their Chief Medical Advisor and Company Secretary. However, he does not receive any money, royalties, or financial rewards when this device is used. He holds shares in the manufacturing company in lieu of granting the patent. He is telling you this so you have full transparency.

He and his team believe that the treatment offered is the best for your specific medical needs, but you are completely free to ask for an alternative or a second opinion

does not receive any money, royalties, or financial rewards when this device is used. He holds shares in the manufacturing company in lieu of granting the patent. He is telling you this so you have full transparency.

He and his team believe that the treatment offered is the best for your specific medical needs, but you are completely free to ask for an alternative or a second opinion