



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.



Reading Shoulder Unit



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Please Note:

The above 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.



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