

HOW LONG CAN I EXPECT THE PAIN RELIEF TO LAST?

The duration of pain relief is variable and difficult to predict. The injection may last from a few weeks to several months. The aim is to break the pain cycle to enable you to engage in a rehabilitative process, which is the mainstay of treatment for chronic pain.

IS THERE ANY THING I NEED TO INFORM THE DOCTOR BEFORE THE PROCEDURE?

- ◆ You should always tell the doctor if you are pregnant or likely to be pregnant.
- ◆ You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.
- ◆ Finally, always inform the doctor about your allergies, especially latex, iodine and medications.



OTHER TREATMENTS OFFERED

Lumbar epidural Injection	Lumbar radiofrequency Denervation
Lumbar Facet Injections	Botox for Migraine
Cervical Facet Injections	Trigger Point Injection
Lumbar Diagnostic Blocks	Sacro-Iliac Joint Injection
Cervical Diagnostic Blocks	Coccygeal Injection
Transforaminal epidural Injections	Occipital Nerve Blocks
Plantar Fascia Injections	Trochanteric Bursa Injections

OTHER CONDITIONS TREATED

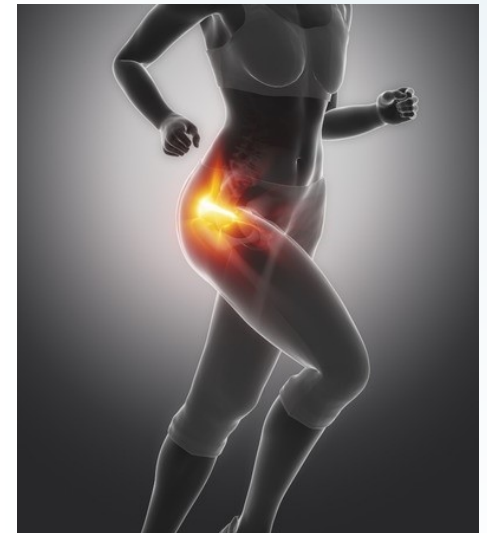
Fibromyalgia	Trigeminal Neuralgia
Mechanical Low Back Pain	Neuropathic Pain
Headache	Diabetic Neuropathy
Migraine	Complex Regional Pain
Sciatica	Whiplash Pain
Sacro-iliac Pain	Medical-Legal Reporting (Personal Injury)
Trochanteric Bursitis	

CONTACT ME

 drmichaelstafford.com
 mypain@virginmedia.com

Trochanteric Bursa / Soft Tissue Injections

The aim of this information sheet is to provide you with information relating to soft tissue injections and to answer some questions that you may have.



Dr Michael Stafford MD

MB, BCh, FFARCSI, FPPMCAI
Consultant in Chronic Pain Management

WHAT IS A TROCHANTERIC BURSA?

A bursa is a small fluid filled sac between muscles or muscle and bone. This acts as a 'shock absorber' between these structures.

The trochanteric bursa lies over the bone on the outer aspect of the hip joint, called the greater trochanter. Occasionally this bursa becomes inflamed and painful, causing pain over the hip and thigh. This can cause difficulty in certain movements and lying on the side, which itself can affect sleep.

WHAT ARE THE CAUSES OF TROCHANTERIC BURSITIS?

Trochanteric bursitis can result from one or more of the following events:

Injury to the point of the hip. This can include falling onto the hip, bumping the hip into an object, or lying on one side of the body for an extended period.

Repetitive work or leisure activities that cause over-use or injury to the joint areas. Such activities might include running up stairs, climbing, or standing for long periods of time, or sport such as running or cycling

Other diseases or conditions. These may include rheumatoid arthritis, gout, psoriasis, thyroid disease or an unusual drug reaction. In rare cases, bursitis can result from infection.

Previous surgery around the hip or prosthetic implants in the hip.

Hip bone spurs or calcium deposits in the tendons that attach to the trochanter.

Bursitis is more common in women and in middle-aged or elderly people. In many cases, the cause of trochanteric bursitis is unknown

CONTACT ME

 drmichaelstafford.com

@ mypain@virginmedia.com

WHAT IS A TRIGGER POINT INJECTION?

A trigger point is a tender area of your body, often a muscle, which when pressed causes pain. Normal muscle contracts and relaxes. At trigger points, the muscle may fail to relax and a knot or tight band of muscle is formed. Several injections are usually made on a single occasion and can contain local anaesthetic, often with a small amount of steroid. The injection is often undertaken in the shoulders, neck or back. The injection is usually undertaken alongside other treatments such as physiotherapy.



WHAT HAPPENS DURING THE PROCEDURE?

Bursa and most other soft tissue injections are usually performed under ultrasound guidance. You will be carefully placed on the table in the appropriate position.

For trigger points, the individual muscle trigger points are identified and marked. A small volume of local anaesthetic and steroid is injected into the individual points. The procedure is performed under local anaesthetic and you will remain awake during this.

WILL I EXPERIENCE ANY SIDE-EFFECTS?

As with any procedure, side-effects may occur. However, these are usually very minor and there is little risk of serious harm. Side-effects may include;

- ◆ Mild local tenderness and/or bruising at the site of the injection, that usually settles over the first few days
- ◆ Infection. This is rare. You should seek medical help if there is local warmth or redness over the site of injection with tenderness and/or you feel hot and unwell. This may require antibiotic treatment
- ◆ Fat necrosis of the skin (a potential risk of steroid injection close to the skin) may rarely result in skin dimpling
- ◆ Skin discolouration (a potential risk of steroid injection close to the skin)
- ◆ Injection treatments are not always effective and may not help your pain

WHAT HAPPENS AFTER THE INJECTION?

- ◆ A nurse will monitor you for up to 30 minutes after the procedure. You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe.
- ◆ You will need someone responsible to take you home. You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.
- ◆ The procedure may not help in some cases. Your pain may be exacerbated for up to a week or sometimes longer from the steroid injection. We always warn you about serious side effects including infection, nerve damage and bleeding but these are extremely rare.
- ◆ These side effects will be discussed in more detail when you sign the consent form.

