

# HIP JOINT INJECTION

## What is a Hip Injection?

Therapeutic hip injections are used as treatments for temporary relief from pain. By placing a corticosteroid (steroid) medication into the joint it reduces the inflammation and thus may alleviate pain. Corticosteroid medications imitate the effects of the hormones cortisone and hydrocortisone, which are produced by adrenal glands. To ensure proper placement of the medication the procedure is done under ultrasound.

## Who Can Benefit From a Hip Injection?

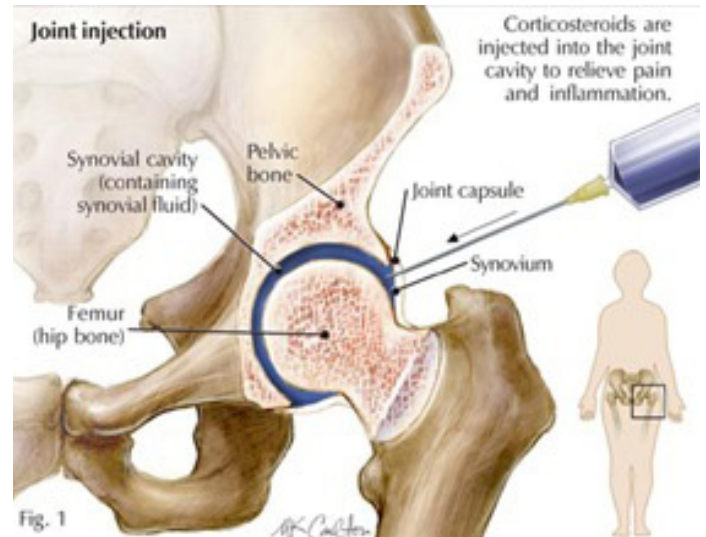
Injections are often given in the hip joint to relieve pain resulting from arthritis (Fig. 1). Arthritis is the most common disease that affects the hip. It is a degenerative disease that can cause pain, stiffness, inflammation, and damage to the joint cartilage (the smooth tissue at the ends of bones that allows them to glide against one another). Such damage can lead to joint weakness, instability, and visible deformities that can interfere with basic daily tasks such as walking, climbing stairs, sitting, rising from a chair, or getting out of bed.

## How it is Done:

The procedure is performed with ultrasound guidance while the patient lies on his or her back. After the hip is cleaned, the needle is advanced into the hip joint. An anesthetic and steroid medication is slowly injected into the area. Then, the needle is slowly withdrawn. The entire procedure only takes minutes, but the benefits can last months.

## What to Expect:

During the injection pain will be increased temporarily. Following the procedure you may experience some initial discomfort for about 2 to 3 days. Once the medication reaches the inflamed area your pain should be relieved.



FLAGSTAFF  
**BONE & JOINT**  
ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

[www.flagstaffboneandjoint.com](http://www.flagstaffboneandjoint.com)