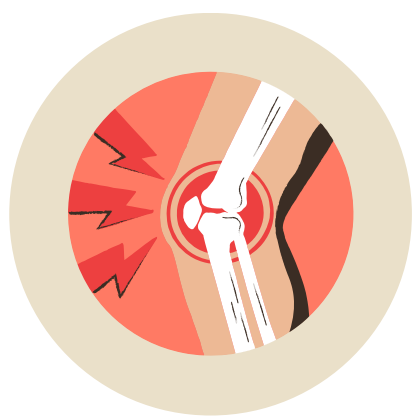




# JOINT INJECTIONS

## TYPES



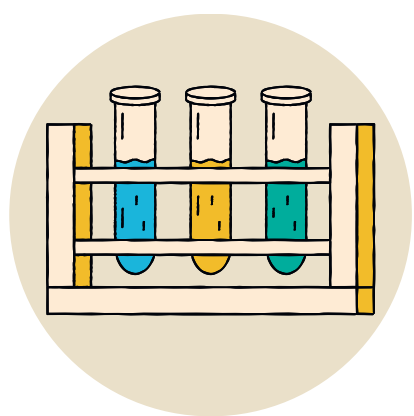
- **Steroid injections:** medicine is injected into the joint to treat inflammation and decrease swelling and pain
- **Viscosupplementation:** a gel-like fluid is injected into the joint to act as lubricant and shock absorber

## TIMING



- Improvement is fast but not permanent
- You should not get more than one shot every six weeks
- You should not get more than three to four shots a year

## ASPIRATION



Removing fluid from a joint may help relieve pressure and diagnose certain inflammatory (infection, gout, rheumatoid arthritis) and non-inflammatory (trauma, osteoarthritis) conditions

## SIDE EFFECTS



- Flare (temporary joint swelling and pain hours after injection)
- Local depigmentation (loss of color from skin) and fat atrophy (thinning of skin)
- Allergic reaction
- Infection

Source: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Treatments/Joint-Injection-Aspiration>

<https://orthoinfo.aaos.org/en/treatment/viscosupplementation-treatment-for-knee-arthritis/>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

