

## Orthopaedics / Musculoskeletal Medicine - Joint and Soft-Tissue Injections

### Introduction

While you are waiting for an injection, there are some things you can do to prepare and to keep yourself as healthy as possible.

### Guidance for Patients

There are three main things you can keep in mind:

1. Keep as active as possible – discomfort in stiff and painful joints can of course make this more difficult, but keeping your joints moving little and often, helps reduce stiffness and prevents your condition worsening. Even at this stage you can improve, and keeping your joints mobile will help you get better after your injection.
2. Keep on managing your body weight –being overweight contributes to joint and muscle pain. Do your best to watch what you eat and manage your portion sizes.
3. Keep on top of your other health problems – it can be harder to cope with your pain if you have other health problems, so make sure you are managing these other problems as best as you can. There are some medical conditions such as diabetes that need to be well controlled before planned injections.

### What should I do if my health is deteriorating?

If any other health problems, such as diabetes, high blood pressure or depression are getting worse, we would suggest you make an appointment to see your GP so that these problems can be addressed prior to your injection.

If you feel your pain is getting worse or being able to do day to day tasks is deteriorating please contact your hospital clinician and let them know about what is going on. They may want to re-assess options with you and may be able to offer advice.

### Contact Us

Individual orthopaedic surgeons contact details can be found on the link below

<https://roh.nhs.uk/about-us/our-team/category/large-joints>

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