

My Planned Care Patient Information Platform

Pain Management Service – Injection of Therapeutic Substance around Joint

Introduction

Chronic pain is defined as pain lasting or recurring for more than 3 months. Chronic pain affects millions of people in the UK. Injection of local anaesthetic and steroid (cortisone / corticosteroid) around a joint may be helpful to improve chronic pain by reducing some of the pain signals from the joint. This is not a cure and the duration of pain relief is variable.

Guidance for Patients

We are trying to ensure you are seen at the chronic pain unit at George Eliot Hospital NHS Trust as soon as possible and provide the best care and management for your chronic pain. The following information has been provided to help you with managing your pain whilst waiting to be seen by a chronic pain unit clinician.

Exercises: Gentle exercises are recommended for chronic pain. Decreased activity can cause stiffness and increase chronic pain. All exercises may not be suitable for everyone. We need to set our individual goals within our limits and slowly build up. Any movement is beneficial.

<https://healthtalk.org/chronic-pain/exercise-and-activity-for-chronic-pain>

Mood: Chronic pain can affect many aspects of life which can lead to anxiety, fear and frustration. Chronic pain and depression commonly co-exist as one can lead to the other. The following mental health resource could help you with self-management strategies to improve your mood.

<https://www.healthymindservice.com/>

Sleep: There is research evidence to suggest the link between chronic pain and sleep. Poor sleep can increase the intensity of chronic pain. The following link could help you to better manage your sleep and hence chronic pain.

<http://livewellwithpain.co.uk/wp-content/uploads/sleep-leaflet.pdf>

What should I do if my health is deteriorating?

If your symptoms are worsening while waiting to be seen by us, then you may need to be seen by your GP for further assessment and management. For urgent health advice about physical or mental health, when it's not an emergency, please call 111.

Contact Us

Chronic Pain Unit, George Eliot Hospital NHS Trust, Telephone 024 7686 5282. If you feel that we haven't been able to resolve your concern after speaking to us about your waiting time, you can speak to our dedicated PALS team, visit [Patient advice and Liaison Service \(PALS\) \(geh.nhs.uk\)](https://www.geh.nhs.uk/patient-advice-and-liaison-service) or contact them on 024 7686 5550 for further details.