

Steroid injections

Your GP or physiotherapist may recommend steroid injections for arthritis. These are sometimes good treatments in the early stages of Osteoarthritis. They are also used in inflammatory arthritis such as Rheumatoid but that is a separate topic and is usually done by a Rheumatologist.

There are several reasons why I might offer you an injection in the treatment of arthritis, but it is important to know that it will eventually wear off. It is sometimes a good test of how patients might do with a knee replacement, and to give them a feel of what it might be like. However, in many cases, steroid injections are not a long term answer, and if your knee is too far gone, it will not be a worthwhile procedure. You should not have a steroid injection prior to a knee replacement as there is an increased risk of infection if this is the case, and surgeons try to avoid this risk if possible.

Other injections

PRP, Lipogems, etc. are alternative injection types. I will not offer you these as I believe they are of no proven use, and no better than placebo in clinical trials. They are also expensive and in my view, and not worth the cost.

Hyaluronic Acid preparations

Whilst these do have some efficacy, they appear to be no better than steroid injections, so I generally do not offer them as they are a lot more expensive than steroid injections.

Arthrosamid Injections

This is a new technique promising better results in patients with moderate osteoarthritis, as an alternative to joint replacement. Some insurance companies fund the injection but you will have to ask yours individually about it. Most patients pay for it themselves as it is not yet available on the NHS.

It requires a short time in hospital and can be done in an X-ray setting or in a day case theatre. You will need antibiotics beforehand as there is a small infection risk. The injections are said to stay in the joint permanently. They do not preclude later TKR etc. **[If you wish to discuss this technique with me, please look online at this link first, and contact me for a consultation.](#)**



If you would like to arrange a consultation or just need an informal chat, please contact me at:

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