

# FACT SHEET

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BACK, NECK &  
JOINT PAIN



## HIP JOINT INJECTIONS

The hip joint is a large ball and socket joint located where the thigh bone meets the pelvis. The ball is held in the socket by a grouping of ligaments that form a capsule around the joint, this capsule lubricates the joint with synovial fluid. Cartilage between the bones allows them to move against each other without causing friction. If this joint suffers from arthritis, injury, or mechanical stress, you may experience hip, buttock, leg, or low back pain.

### PURPOSE OF HIP JOINT INJECTIONS

If you suffer from the above symptoms, a hip joint injection directly into the joint may help to relieve and diagnose pain.

#### **Diagnostic function**

By placing number medicine into the joint, the amount of immediate pain relief experienced will help confirm if the joint is the source of pain. If complete pain relief is achieved, it means the joint is the source of pain.

#### **Pain relief function**

Time-release cortisone is also injected into these joints to reduce inflammation, which can often provide long term pain relief.

### HIP JOINT INJECTION PROCEDURE

Fluoroscopy (live x-ray) is commonly used to ensure precision and accuracy during hip joint injections by properly targeting and placing the needle, whilst avoiding nerves or other injuries.

On the day of the injection, you should avoid driving and doing any strenuous activities.

### POST-PROCEDURE

The injection itself only takes a few minutes, but the procedure usually lasts 30-60 minutes. After the injection, you will rest on the table of 20-30 minutes and then will be prompted to move the area of usual discomfort to try to provoke the usual pain. Whether or not the pain subsides in the hours following the injection will be determined by if the joint is the source of pain. Occasionally, some patients feel numb or experience a slightly weak and odd feeling in the leg for a few hours post-injection. You should discuss any immediate relief of pain with your doctor, and record the level of pain relief during the next week.

A pain diary is helpful to clearly inform the treating physician of the injection results and in planning future tests and/or pain management treatment, as needed.



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## POTENTIAL RISKS

As with any procedure, there are risks of complications

- Allergic reactions to the medication
- Infection (occurs in less than 1 in 15,000 injections)
- Post-injection flare (joint swelling and pain several hours after the corticosteroid injection)
- Depigmentation (a whitening of the skin)
- Local fat atrophy (thinning of the skin)
- Rupture of a tendon located in the path of the injection

## PAIN RELIEF AFTER A HIP JOINT INJECTION

Pain may increase in days after the injection as the numbing medicine wears off and the cortisone starts acting. In the first 2-3 days, applying ice or a cold pack to the injection site will typically provide pain relief. If the joint is the source of pain, pain should ease 2-5 days after the injection. If there is no improvement in 10 days, it is unlikely there will be any relief and further diagnostic tests may be required to identify the pain source. Regular medicine may be taken, but limiting pain medications within the first 4-6 hours will ensure information about pain levels is accurate. Physical or manual therapy may be prescribed while the numbing medicine is in effect or for weeks after when the cortisone is working. You may return to regular activities the day after the procedure, and whilst pain may still be present, it's recommended to gradually return to activity over 1-2 weeks to avoid the recurrence of pain.

## RESCHEDULING & ENQUIRIES

Should you have any enquiries or require rescheduling of your procedure, please notify the Clinical Support Team on 03 8548 0339.

## FOR MORE INFORMATION



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## DISCLAIMER

Please note the contents contained in this Patient Fact Sheet are not intended as a substitute for your own independent health professional's advice, diagnosis or treatment. At Metro Pain Group, we assess every patient's condition individually. As leaders in pain intervention, we aim to provide advanced, innovative, and evidence-based treatments tailored to suit each patient. As such, recommended treatments and their outcomes will vary from patient to patient. If you would like to find out whether our treatments are suitable for your condition, please speak to one of our doctors at the time of your consultation.