



Musculoskeletal Joint Injection Patient Information Sheet

What is a musculoskeletal joint injection?

A musculoskeletal (MSK) joint injection is a procedure where medication is injected directly into a joint or nearby structures such as tendons or bursae to reduce pain and inflammation. Ultrasound may be used to guide accurate needle placement.

Why might I need this procedure?

- 1 Joint pain or swelling
- 2 Osteoarthritis or inflammatory arthritis
- 3 Tendinitis or bursitis
- 4 Sports or overuse injuries
- 5 Reduced joint movement
- 6 Diagnostic purposes

What medications are used?

- 1 Corticosteroid – reduces inflammation
- 2 Local anaesthetic – short-term pain relief
- 3 Other treatments depending on your condition

What happens during the procedure?

- 1 You will be positioned comfortably
- 2 The skin is cleaned with antiseptic
- 3 Ultrasound may be used
- 4 A small needle is inserted
- 5 Medication is injected
- 6 Procedure takes about 10–20 minutes

Will it hurt?

- 1 You may feel a brief sting or pressure
- 2 Most people tolerate it well
- 3 Local anaesthetic reduces discomfort

What happens after the injection?

- 1 Temporary soreness for 1–2 days
- 2 Immediate but short relief from anaesthetic
- 3 Steroid effect in 2–7 days
- 4 Rest the joint for 24–48 hours

Risks

- 1 Infection (rare)
- 2 Bleeding or bruising
- 3 Temporary pain flare
- 4 Skin thinning or colour change

When should I seek medical help?

- 1 Increasing pain, redness, or swelling
- 2 Fever or chills
- 3 Signs of infection
- 4 Persistent symptoms

Benefits

- 1 Targeted pain relief
- 2 Reduced inflammation
- 3 Improved movement
- 4 Minimally invasive

Questions?

Please contact your healthcare provider if you have any concerns.