

# NORTHWEST SPINE & SPORTS PHYSICIANS, P.C.



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## **Hip Joint Injection Information**

### **What is the hip joint and why is a hip joint injection helpful?**

The hip joint is a large joint where the leg joins the pelvis. If the joint becomes painful due to arthritis, injury or mechanical stress it may cause pain in your hip, buttock, lower back or leg.

A hip joint injection serves several purposes. First, by placing numbing medicine into the joint, the amount of immediate pain relief you experience will help confirm or deny the joint as a source of your pain. That is, if you obtain complete relief of your main pain while your joint is numb it means these joints are likely your pain source. Furthermore, time release cortisone will be injected into these joints to reduce any inflammation. This can, on many occasions, provide long term pain relief.

### **What will happen to me during the procedure?**

An IV will be started so that relaxation medicine can be given, if needed. After lying on a x-ray table, the skin over your hip will be well cleansed. Next, the physician will numb a small area of skin with numbing medicine (anesthetic) which stings for a few seconds. Next, the physician will use x-ray guidance to direct a very small needle into the joint. He will then inject several drops of contrast dye to confirm that the medicine only goes into the joint. A small mixture of numbing medicine (anesthetic) and anti-inflammatory cortisone will then be slowly injected.

### **What should I do and expect after the procedure?**

20-30 minutes after the procedure you will move your hip and try to provoke your usual pain. You will report your remaining pain (if any) and also record the relief you experience during the next week on a "pain diary" we will provide. You may or may not obtain improvement in the first few hours after the injection depending upon if the joint that was injected was your main pain source. Mail the completed pain diary back as directed so that your treating physician can be informed of your results and plan future tests and/or treatment if needed.

On occasion, you may feel numb or slightly weak/odd feeling in your leg for a few hours after the injection. You may notice a slight increase in your pain lasting for several days as the numbing medicine wears off before the cortisone is effective. Ice will typically be more helpful than heat in the first 2-3 days after the injection. You may begin to notice an improvement in your pain 2-5 days after the injection. If you do not notice improvement within 10 days after the injection it is unlikely to occur. You may take your regular medicines after the procedure, but try to limit your pain medicines the first 4-6 hours after the procedure so that the diagnostic information obtained from the procedure is accurate. You may be referred for physical or manual therapy after the injection while the numbing medicine is effective and/or over the next several weeks while the cortisone is working.

You may return to your usual level of activity the day after the injection. If possible, it is best not to perform any unnecessary or strenuous work, sport or hobby for 2-3 days after the injection while the medication is starting to work. If antiinflammatory medication was injected, it will start to work 2-3 days after the injection. If your pain is improved, you may restart your regular exercise/activities/physical therapy 2 days after the injection. Even if you feel significantly improved, gradually increase your activities over 1-2 weeks to avoid recurrence of your pain. If there is no improvement in 7-10 days then a positive effect on your pain is unlikely. Please record your pain levels during the week following the procedure on a "pain diary" which we will provide to you. Please bring your completed pain diary to your followup visit with your doctor so that further tests and/or treatment may be planned.