



Injection Therapy Referral Guidelines

Injection Therapy (IT) can be given using anatomical/ landmark method or Ultrasound Guided (USGI). USGI ensure the medication is accurately delivered to the desired location and increases the range of injections we can safely offer.

Acute / Traumatic Onset Conditions

Patients presenting with an acute or sudden onset soft tissue injury or intra-articular effusion, must first be assessed, and managed appropriately. Patients suspected of a bone or neurological injury should be investigated through your usual referral pathways. Private referrals for MRI or plain film x-rays can be arranged on request.

Where symptoms are persistent (6 weeks or more) it is reasonable to consider IT provided imaging has been performed to rule out serious pathology. If there is a desire for this to be considered before 6 weeks, it would need to be discussed on a case-by-case basis.

Chronic or Gradual onset Conditions

Injection therapy is clinically indicated where active inflammatory signs and symptoms are identified (synovitis/ tenosynovitis) or when used to manage pain as part of a holistic rehabilitation program (E.g., Osteo-Arthritis/ intra-articular effusion). IT is only offered if the patient has had a clinical assessment.

USGI are best utilised where the initial conservative treatment is not successful or where the diagnosis is unclear. Advantages of UGCSI include a detailed, real time, dynamic assessment of soft tissues combined with the ability to avoid sensitive tissues which helps minimise pain.

Referral Steps

Consideration of IT should be based on the patient symptoms, medical condition, wishes and response to conservative treatment. Contraindications and precautions for corticosteroid injections are detailed in the IT Screening & Consent form and the IT Patient Information Leaflet. If a patient has not benefitted from an earlier anatomical/ landmark injection, it is reasonable to trial an USGI which can help with diagnostic clarity. 6 weeks between injections is customary practice.

All referrals for consideration of IT must include;

1. Completed POCUS + IT Referral Form, clearly mark for IT (INSERT LINK).
2. Completed IT Screening & Consent Form (INSERT LINK).
3. Patients must be provided with the IT Patient Information Leaflet (INSERT LINK).

Once the referral is received, The Valley Clinic will arrange a 15-minute telephone or online consultation to ensure suitability for IT and provide an opportunity to answer any questions a face-to-face appointment will be booked for at least 48 hours before for the procedure. Requests for a prompter appointment maybe possible on a case-by-case basis.

If you would like advice and guidance please feel free to email info@thevalleyclinic.co.uk