

# Trochanteric Bursa Steroid Injection LAND MARK GUIDED

## PATIENT INFORMATION and CONSENT SECTION

### What is trochanteric bursitis?

Trochanteric bursitis is a condition of inflamed tendons and surrounding lubrication pouches (called bursa) causing significant pain in the hip area. The pain can run from the buttock area around the outside of the hip and may also run down to the thigh. If the bursae are inflamed, your hip is generally tender to the touch and painful to lie on at night.

It's important to note that trochanteric bursitis is usually a biomechanical condition, meaning it is a result of muscle weakness and/or poor posture. Because of this, it is strongly recommended that you undertake a personalised exercise program prescribed by a qualified physiotherapist or exercise physiologist.

### What is a trochanteric bursa injection?

Trochanteric bursa injections may be helpful as a supplement to a personalised exercise program described above.

A mixture of steroid and local anaesthetic is injected into the area of the inflamed trochanteric bursae. The local anaesthetic is designed to give pain relief, though this is likely to last only some hours. More important is the steroid component of the injection, which is designed to reduce the inflammation and swelling in the bursa, and hence give more long term pain relief.

It is important to understand that a trochanteric bursa injection is not a hip joint injection. A hip joint injection is an entirely different type of procedure.

### Ultrasound guided versus landmark guided injection

The injection can be performed with ultrasound guidance or using anatomical landmarks and palpation to guide the injection. To date research has not demonstrated that one technique is significantly more effective than the other. At the Pioneer Health Musculoskeletal Injection Clinic we prefer to guide the injection by carefully feeling for the point of maximal tenderness. We believe that this guides the injection more accurately and gives a better result. If you wish for an ultrasound guided injection, please ask your GP to refer you to the local specialist radiology provider.

### What can I expect from a trochanteric steroid injection?

The proposed injection is a minor, practice based procedure performed by an experienced clinician. After completing the informed consent process, your doctor will examine your hip, carefully locating the point of maximal tenderness over the lateral hip area. This process of palpation is usually painful. The doctor will then use a sterile technique, which involves cleaning the skin over the injection site with antiseptic solution. The injection is slightly painful, but usually no more so than a vaccination. A mixture of local anaesthetic and steroid is injected and then a sterile dressing is applied over injection site.

Following the injection, you will usually have some immediate pain relief from the local anaesthetic, though this may only last some hours. The pain relief from the steroid component of the injection may lag by 1 to 2 days. It is important to understand this injection does not come with a guarantee of pain relief. Most patients have significant pain relief, but this does not apply to all patients. Also, the length of pain relief varies from patient to patient. Some patients obtain long term pain relief (months and even years), for others it's more short term (days to weeks.)

### What are the risks of a trochanteric bursa steroid injection?

Like any procedure, this injection does have potential complications. These are:

- **FAILURE** A small number of patients may gain no pain relief, or only short term pain relief. This may be because the injection was not correctly sited, or because there is another cause of your hip pain, such as arthritis of the hip joint.
- **BRUISING AND BLEEDING** A small bruise may form around the injection. More severe bleeding complications, such as a haematoma, may occur if you are on blood thinners or have a bleeding disorder. If you are taking blood thinners, please discuss this with your doctor before the injection. You may be advised to stop your blood thinner some days before the injection, and then restart the blood thinner immediately after the injection. However, such advice will be individualized to your specific circumstances.
- **INFECTION** This is probably the most severe potential complication. The incidence of the injection introducing infection is very low. We give the injection using a sterile technique to avoid this complication.
- **WEAKENING AND RUPTURE OF THE GLUTEAL TENDONS** Repeated steroid injections into tendons may weaken these tendons and lead to later tendon rupture. To minimize this risk, the Musculoskeletal Injection Clinic avoids repeated trochanteric injections. (As a rule no more than 2 injections will be offered in a 12 month period.)
- **DISRUPTION OF BLOOD SUGARS** This is generally only an issue for diabetic patients. If you have diabetes, please be aware that your blood sugars may run higher some days after the injection.

### How much will the trochanteric bursa injection cost?

Fee	Medicare Rebate	Out-of-pocket cost
\$200	\$41.40	\$158.60

Medicare has removed all item numbers for MSK injections some years ago, and will now only rebate the time based consult item number towards this procedure. The fee is to cover the cost of the consumables (excluding steroid ampoule), nursing support and doctor's fee.

### What should I do after my trochanteric bursa injection?

- You should be able to return to normal activities after your injection. We would caution against vigorous exercise soon after the injection.
- Please keep the sterile dressing in place for one day.
- We recommend also, that you continue your hip physiotherapy exercise programme following the injection. If you do not have such a hip exercise programme, please discuss this with your GP or physiotherapist.
- If you have stopped a blood thinner ahead of your injection, please restart this blood thinner promptly following the injection.
- If after your injection you experience increasing pain or swelling of the hip, or fevers, please promptly contact the Musculoskeletal Injection Clinic at Pioneer Health Albany.
- Finally, we would like to hear if your injection has helped with your symptoms. We will be contacting you via a phone call in one week to see how you are progressing. Please let our reception know if you do not wish to be contacted.

**If you have any questions about the above, please discuss these with your GP or with the doctor on the day of the injection.**

**I have read and understood the above and hereby consent to proceed with the procedure of trochanteric bursa steroid injection.**

Patient Name: \_\_\_\_\_ Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor Name: \_\_\_\_\_ Doctor Signature: \_\_\_\_\_ Date: \_\_\_\_\_