
















PAIN DIARY

Date: _____ **Injected: Rt/Lt** _____ **Name:** _____

How would you rate pain on a 0 to 10 scale, where **0** is “no pain” and **10** is “pain as bad as it could be”? Please also add any comments or activities that aggravated pain in particular.

Before Injection	 0 2 4 6 8 10	
30 min after injection	 0 2 4 6 8 10	
4 hours after injection	 0 2 4 6 8 10	
Day 1	 0 2 4 6 8 10	
Day 2	 0 2 4 6 8 10	
Day 3	 0 2 4 6 8 10	
Day 4	 0 2 4 6 8 10	
Day 5	 0 2 4 6 8 10	
Day 6	 0 2 4 6 8 10	
Day 7	 0 2 4 6 8 10	
Week 2	 0 2 4 6 8 10	
Week 3	 0 2 4 6 8 10	
Week 4	 0 2 4 6 8 10	
Week 5	 0 2 4 6 8 10	
Week 6	 0 2 4 6 8 10	

PLEASE BRING THIS FORM BACK TO YOUR NEXT CLINIC



About your steroid joint injections

The use of corticosteroid injections is a useful addition to the treatments employed in treating musculoskeletal and joint injuries and pain. An injection regimen is most effective when combined with other pharmacologic and rehabilitation measures, such as the administration of NSAIDs, the use of stretching, and the employment of treatment modalities (e.g. ice, heat), and exercises/physiotherapy.

Please be aware that the local anaesthetic should start working soon after the injection but often wears out after a few hours. The effect from the steroids can take 7-10 days to occur and your pain relief can last for anything from no improvement to two months or longer.

Disadvantages of cortisone injections are the necessity of piercing the skin with a needle as well as potential short- and long-term side effects. Although each of these side effects is possible, they usually are not common.

Short-term:

- Shrinkage (atrophy) and lightening of the color (depigmentation) of the skin at the injection site,
- Introduction of bacterial infection into the body (such as a joint infection),
- Local bleeding from broken blood vessels in the skin or muscle, This risk is increased in those on anticoagulants
- Soreness at the injection site,
- Aggravation of inflammation in the area injected because of reactions to the corticosteroid medication (post-injection flare).
- Tendons can be weakened by corticosteroid injections administered in or near tendons. Tendon ruptures as a result have been reported.
- Facial flushing may occur in up to 40% of cases but lasts only briefly.
- Sweating and insomnia are uncommon side effects.
- Nerve damage is a very uncommon side effect.
- Hunger/Weight gain can sometimes occur
- In people who have diabetes the blood sugar level can be elevated for a week or so
- In patients with underlying infections, cortisone injections can suppress somewhat the body's ability to fight the infection and possibly worsen the infection or may mask the infection by suppressing the symptoms and signs of inflammation.

Long-term complications of corticosteroid injections depend on the dose and frequency of the injections. With higher doses and frequent administration, which increases total systemic exposure to the corticosteroid, potential side effects include weight gain & weakening of tissues.



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