

Hip Joint Injection

If you're living with persistent hip pain or stiffness that hasn't improved with rest, physiotherapy, or medication, a targeted hip joint injection may offer effective relief. At Midlands Orthopaedic Clinic, we provide a range of minimally invasive injection therapies designed to reduce pain, improve movement, and help you get back to your everyday activities with confidence.

What Is A Hip Joint Injection?

A hip joint injection is a procedure where medication is injected directly into the hip joint to relieve pain and inflammation. It is often used to diagnose the cause of hip pain as well as to treat it. These injections can provide rapid relief from symptoms caused by arthritis, bursitis, or other inflammatory conditions affecting the hip.

Hip injections are performed under ultrasound or X-ray guidance to ensure precision and safety. The injection typically includes a combination of a local anaesthetic and an anti-inflammatory medication such as a corticosteroid.

When Might You Benefit From A Hip Injection?

Hip joint injections may be recommended if you have:

- Osteoarthritis of the hip
- Inflammatory arthritis (e.g. rheumatoid arthritis)
- Hip impingement or labral tear
- Bursitis or synovitis
- Persistent hip pain that limits your mobility

These injections can be used as a standalone treatment or as part of a wider care plan alongside physiotherapy or other non-surgical approaches.

What Types Of Injections Are Available?

At Midlands Orthopaedic Clinic, we offer several types of hip joint injections tailored to your condition and treatment goals:

- **Corticosteroid injections:** Help reduce inflammation and relieve pain for weeks or months
- **Hyaluronic acid injections:** Often called "gel injections," these lubricate the joint to ease movement and reduce pain
- **Platelet-rich plasma (PRP) injections:** Use your own blood components to stimulate natural

healing in the joint

- **nStride injections:** A newer biological treatment that targets inflammation and promotes joint health without medication

Your consultant will help you decide which type of injection is most suitable based on your symptoms and medical history.

What Happens During The Procedure?

Hip injections are usually performed as an outpatient procedure and take around 15 to 30 minutes. You will lie on your back while the area around your hip is cleaned and numbed with a local anaesthetic.

Using real-time imaging guidance, your consultant will insert a fine needle into the hip joint and deliver the chosen medication. The procedure is quick and usually well tolerated.

Afterwards, you may be asked to rest for a short period and avoid high-impact activities for a couple of days. Most people are able to go home the same day and resume light activities within 24 hours.

Benefits Of Hip Joint Injections

- Rapid relief of hip pain and stiffness
- Improved mobility and function
- Minimally invasive with no need for surgery
- Can delay or reduce the need for joint replacement
- Performed under local anaesthetic with little downtime

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, we specialise in non-surgical and surgical management of hip conditions. Our consultants use the latest imaging and injection techniques to deliver safe, targeted treatments tailored to your individual needs.

We are committed to providing:

- Fast access to specialist assessment
- Clear, honest advice on all treatment options
- Evidence-based care using modern techniques
- A supportive and professional environment from consultation to recovery

Get In Touch

If you are struggling with ongoing hip pain and want to explore whether a hip injection could help, contact Midlands Orthopaedic Clinic today to arrange an expert consultation.