

# Knee Joint Injection

If you're dealing with knee pain, swelling, or stiffness that's stopping you from staying active, a joint injection may offer quick and effective relief. At Midlands Orthopaedic Clinic, our expert team provides a range of safe, non-surgical knee injections designed to reduce discomfort, improve movement, and help you return to your normal daily activities.

## What Is A Knee Joint Injection?

A knee joint injection involves delivering medication directly into your knee joint to target inflammation and pain. These injections are often recommended when other treatments such as physiotherapy, exercise, or medication have not provided enough relief.

Guided by ultrasound or X-ray imaging, the injection is delivered precisely into the joint space to ensure maximum benefit with minimal discomfort. The treatment is quick, usually completed within 20 to 30 minutes, and can provide both diagnostic information and therapeutic relief.

## Who Might Benefit From A Knee Injection?

You may be a good candidate for a knee joint injection if you have:

- Osteoarthritis of the knee
- Rheumatoid or inflammatory arthritis
- Meniscal injury or wear and tear
- Persistent knee pain following an injury
- Swelling or stiffness affecting your mobility

Knee injections can be used as a standalone treatment or alongside other therapies such as physiotherapy and activity modification. In some cases, they may help delay or avoid the need for surgery.

## Types Of Knee Injections We Offer

At Midlands Orthopaedic Clinic, we provide a selection of injection therapies tailored to your condition and treatment goals:

- **Corticosteroid injections:** Powerful anti-inflammatory medication that can quickly relieve pain and swelling for several weeks or months.
- **Hyaluronic acid injections:** Sometimes referred to as "gel injections," these help lubricate the joint and may reduce stiffness and pain in osteoarthritis.
- **Platelet-rich plasma (PRP) injections:** Made from your own blood, PRP stimulates natural

healing and tissue repair in the joint.

- **nStride injections:** A newer, protein-rich injection designed to reduce joint inflammation and support cartilage health, particularly in early arthritis.

Your consultant will explain the options and recommend the most suitable type of injection based on your symptoms and clinical findings.

## What To Expect During The Procedure

The procedure is carried out in our outpatient clinic. You will be asked to sit or lie in a comfortable position, and the skin around your knee will be cleaned. A local anaesthetic may be applied to reduce any discomfort.

Using live imaging for accuracy, your consultant will guide a fine needle into the joint space and inject the chosen medication. Most patients describe the procedure as quick and only mildly uncomfortable. You may be advised to rest for the remainder of the day, but many people are able to return to light activity within 24 hours.

## Benefits Of Knee Joint Injection

- Rapid relief from pain and inflammation
- Improved mobility and joint flexibility
- Minimally invasive and quick to perform
- Can delay the need for surgical treatment
- Can aid diagnosis when the source of pain is unclear

## Why Choose Midlands Orthopaedic Clinic?

Our specialists have extensive experience in diagnosing and treating knee conditions, from mild joint irritation to advanced arthritis. We use the latest imaging and injection techniques to provide accurate, effective care with a focus on your individual needs.

We offer:

- Prompt access to consultation and treatment
- A range of evidence-based injection options
- Personalised care plans built around your goals
- A supportive and professional environment

## Get In Touch

If you're ready to explore effective, non-surgical options for knee pain, get in touch with Midlands Orthopaedic Clinic today to book your consultation and find out if a joint injection is right for you.