

Hip Joint Injection

What is the hip joint?

The hip joint is a large joint where the leg joins the pelvis. It usually hurts from arthritis although there are other less common causes of pain from this joint. When the joint becomes painful it can cause pain in its immediate region or it can refer pain into your groin, buttock, or leg.

Why is a hip joint injection helpful?

A hip joint injection serves several purposes. First, by placing numbing medicine into the joint, the amount of immediate pain relief you experience will help confirm or deny the joint as a source of your pain. Steroids may be injected to reduce any presumed inflammation within your joint.

What will happen to me during the procedure?

The skin over the front of your hip will be well cleaned while lying on your back. The physician will numb a small area of skin which may sting for a few seconds. Next, the physician will use x-ray guidance to direct a very small needle into the joint, and then he or she will inject several drops of contrast dye to confirm that the medicine goes into the joint. Then, a small amount of numbing medicine and anti-inflammatory cortisone will be slowly injected.

What should I do after the procedure?

On occasion, your leg may feel temporarily numb or weak for hours. If this happens, do not walk without assistance. Your physician may refer you to a physical therapist while the anti-inflammatory steroid is still working.

Pre & Post Procedure instructions can be found under the General Information tab, then select Procedures

Reminder: You must have a driver with you for your procedure

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