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Steroid intra-articular injections for foot and ankle conditions – Are they effective?

Mohammed K M Ali
Royal Derby Hospital, UK

Purpose: Steroid injections are routinely done as non-operative management for foot and ankle conditions; however there is no strong evidence in the literature about the effectiveness of foot and ankle injections. The aim of our study was to assess the effectiveness of the foot and ankle injections.

Methods: We retrospectively studied the results of 64 foot and ankle injections done over a period of 12 months from July 2013 to June 2014. The most common indication for the injections was arthritis of the joint involved. 0.5% bupivacaine and 40 mg of kenolog was used for the injection. A visual analogue score was used to determine the efficacy of the injection.

Results: The mean follow up was 12 months. 84% patients had significant pain relief following the foot and ankle injection. 16% went on to have further procedures at six months. Most of the failed injections were ankle injections. Some went on to have further injection; some were listed for fusion and the others had an ankle arthroscopy. The ones who had good symptom relief were either discharged or given an open appointment.

Conclusions: Our study has demonstrated that intra-articular injections provide significant pain relief for foot and ankle conditions.

Biography

Mohammed K M Ali is a Junior Clinical Fellow of Trauma and Orthopaedics at the Royal Derby Hospital, UK.

mohammedkhider84@hotmail.com

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