

High Volume Saline Injection

What is tendinopathy?

Tendinopathy occurs when a tendon is unable to adapt to the strain being placed upon it. This leads to repeated small amounts of damage within the tendon fibres, and results in the tendon trying to heal itself in response to strain.

As part of the healing process, tiny new blood vessels grow from the tendon sheath into the tendon itself, in a place where no blood vessels exist in a healthy tendon. They bring with them new nerves; these are responsible for much of the pain that comes with tendinopathy.

What is a high-volume injection?

This procedure involves injecting a small volume (25-30 ml) of solution into the space between the tendon and its sheath (tendon cover). This solution contains salt (saline) water and local anaesthetic. This solution acts to induce the healing process and reduce pain. The procedure is carried out under ultrasound guidance by a Radiologist.

What are the side effects?

You may experience some numbness due to the local anaesthetic. This normally wears off after a day or so. This may be followed by a short period of increased pain.

Infection of the skin or tendon is a rare complaint. You should contact your GP/or Referring Consultant if you suspect infection. Signs of infection include warmth, spreading redness, swelling and pain on touching.

An allergic reaction is a rare complication but can be brought on by the local anaesthetic.

When can I return to sports & exercise?

You will normally be advised to start some loading exercises after around a week, followed by a gradual and graded return to sports dependant on pain levels and function. Please ask your referrer for advice.

It's important to complete your rehabilitation to ensure your tendon is strong enough to deal with any load you apply to it.