

Pain injections – Discharge advice



Day Surgery Department

This leaflet will give you a better understanding of what to expect following your treatment with us today. If you have any further questions or if there is anything you do not understand, please feel free to ask any of the nurses or your doctor.

How will I feel following the injection?

You may find that your pain gets a little worse. This should settle within a week or so. It is normal to have some bruising and experience some tenderness around the injection site for a few days.

Can I take painkillers?

Please continue to take your usual painkillers as prescribed. Try applying ice packs to the painful area.

When will I notice an improvement in my pain?

You may not notice any effect for up to three weeks. Remember that this treatment is not a magic cure. The chance of significant pain relief following injection treatment is about 50%. Injection treatments followed by exercise and stretching increase the chances of long term success greatly.

When can I return to normal activities?

Resting is recommended for a few days (not bed rest!). This should be followed by starting gentle exercise and stretching. Please follow the exercises in this leaflet to help improve your chances of good pain relief.

Is there any alternative treatment?

Alternative treatment will have been discussed before this appearance.

Mobility and stretches 1: Pelvic tilts



1. Lying on your back with knees bent and feet slightly apart.
2. Tilt your pelvis back so that your low back flattens against the floor/ bed. Activate your low abdominal muscles while doing this.
3. Then tilt your pelvis in the opposite direction to arch your back and lift your lumbar spine off the floor.
4. Hold each position for 5–10 seconds.
5. Repeat 2–5 times.

Mobility and stretches 2: Knee rolls



1. Lying on your back with knees bent and feet together.
2. Slowly rolls your knees from side to side as far as comfortable keeping your upper body still.
3. Feel a stretch along the side of your trunk.
4. Hold each position for 5–10 seconds.
5. Repeat 2–5 times.

Mobility and stretches 3: Knee hugs



1. Lying on your back with knees bent.
2. Use your arms to bring your knees towards your chest, one leg at a time.
3. Pull your knees as close to your chest as possible to stretch your back.
4. Hold each position for 5–10 seconds.
5. Release the stretch slightly and gently roll your knees in a circle.
6. Repeat 2–5 times.

Transversus abdominus (Trans Abs) setting

There are two important aspects to this exercise. The first is finding your neutral spine. The second is activating your Transversus abdominus muscles (lower abdominals). The two components are detailed below:

- 1) **Neutral spine position:** lying on your back tilt your pelvis backwards and forwards until you find the middle position in between the two. The spine should be halfway between being fully slumped and fully arched.
- 2) **Transversus Abdominus (Trans abs) contraction:** once you have found your neutral spine position, breathe in and out; **as you breathe out** gently pull in your lower abdomen towards your spine, but not completely (30–40% of the maximum pull). Do not move your spine or pull in your upper abdominals. Add a gentle pelvic floor contraction if you can. Resume normal breathing pattern and hold for 5–10 seconds or 2-3 breaths. More details will be given for each individual position.



You may wash/bathe the area that has been injected.

You are advised not to drive for 24 hours following your treatment. A responsible adult must accompany you home. If you have had sedation you are advised to not operate machinery, drink alcohol or sign legally binding documents for 24 hours.

Contact details

For further information or advice, contact the Pain Clinic on

Telephone: 01483 406616

Day Surgery Units: 01483 406783

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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