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information about the
injections offered at BSM



Injection Options

This handout is provided as an overview only. More detailed information, including considerations prior to injection, post-injection care and expectations, and risks, can be found in the specific handout for each injection type. Found by scanning the QR code, or using this link: <https://banffsportmed.ca/resources-sm/#injections>

General Considerations

- If you have an active infection or skin problems (e.g. open wound, rash, or significant skin irritation at or near the injection site), injections are generally not performed, as this may increase the risk of infection.
- Inform your doctor about all prescription medications, over-the-counter medications, supplements, and herbal products you are taking. Certain medications, such as blood thinners, anti-inflammatory medications, or immunosuppressive drugs, may affect treatment planning.
- Notify your doctor of any known allergies, particularly to medications, local anesthetics, antiseptics, or injection components.
- If you are pregnant, planning to become pregnant, or breastfeeding, please inform your doctor before receiving an injection as some injections may not be recommended.

Cortisone Injections

- Cortisone injections calm the immune system's inflammatory response, reducing pain and swelling.
- It works very quickly (days) providing short-term pain relief; however, it also wears off fast (6 weeks to 3 months).
- A relatively uncommon reaction (around 1 in 100 people) is a post-injection flare. This may cause pain, redness, and warmth in the injected area, typically lasting 2 to 3 days. These are more commonly reported in younger patients.
- You must wait at least 3 months between injections in the same area. Repeat injections risk weakening tendons and speeding up cartilage loss.
- If you are considering this injection, discuss the timing with your doctor or surgeon prior to surgery to minimize the risk of tissue weakening and infection.

When should you consider using it?

- Sudden "flare-ups" of osteoarthritis
- Bursitis (inflammation of the fluid-filled sacs around joints)
- Tennis elbow, carpal tunnel syndrome, and tendonitis

Hyaluronic Acid (HA) / Viscosupplementation Injections

- HA acts as a lubricant and shock absorber in healthy joints. In arthritic joints, your body's own HA breaks down. This injection replaces that lost fluid, provides lubrication, and helps decrease friction and pain.
- It may stimulate your body to produce more of its own HA to slow joint degeneration.
- The benefits take effect in a few weeks (4 to 6) and last for 6 months or longer.
- Multiple injections over time are safe, but as arthritis progresses, they may become less effective.
- This injection can be used prior to surgery. However, a waiting period is recommended between injection and surgery. Consult your doctor or surgeon for a personalized timeline.

When should you consider using it?

- Mild to moderate osteoarthritis (knee, hip, shoulder, elbow, ankle)
- Certain meniscal injuries
- Chronic Tendinopathy

Platelet Rich Plasma (PRP) Injections

- PRP uses your own blood to concentrate the platelets and plasma that naturally occur in your body. The concentrate is injected into the injured tendon, ligament, or joint, to signal to your body to ramp up tissue repair and healing.
- It usually takes 6 to 8 weeks to work and can last up to 6 months or longer.
- The number of PRP injections you need depends on the condition being treated. Some people benefit from a single injection, while others may require multiple treatments. Treatment varies on the injection site, your condition, and your doctor's recommendation.
- It is recommended to avoid anti-inflammatory medications (NSAIDs) for two weeks before and after a PRP injection, as it interferes with the body's natural healing and inflammatory response that PRP is intended to stimulate.
- If you are getting surgery, consult with your doctor or surgeon to coordinate an appropriate timeline for this injection.

When should you consider using it?

- Chronic soft tissue injuries (e.g. tennis elbow, rotator cuff, Achilles, hamstring, partial tendon tears, and partial ligament tears)
- Osteoarthritis

Prolotherapy Injections

- Prolotherapy uses a concentrated sugar and water solution injected into weakened ligaments, tendons, or joints. When injected, it triggers a mild, controlled inflammatory response. This activates the body's repair system, stimulating collagen and growth factor production to strengthen and repair the injured muscle, tendon, or ligament.
- There is also some research that suggests prolotherapy acts as a neuromodulator, leading to decreased pain.
- Most patients notice an improvement in pain within 1 to 2 weeks. However, some patients may require multiple injections to notice the full effects. Depending on your response to the first treatment, repeat treatments are considered at 4-to-6-week intervals.
- It is recommended to avoid anti-inflammatory medications (NSAIDs) at least 10 days before and after a prolotherapy injection.
- If you are getting surgery, consult with your doctor or surgeon to coordinate an appropriate timeline for this injection.

When should you consider using it?

- Chronic tendinopathy
- Partially torn tendons and ligaments
- Pain due to joint hypermobility

Arthrosamid® Injections

- Arthrosamid® is a non-degradable, injectable polyacrylamide hydrogel (iPAAG) classified as a medical device. It is made primarily of water held within a synthetic structure and is injected into the knee, where it permanently integrates into the synovial lining. This helps improve elasticity of the joint capsule and enhance shock absorption within the knee.
- This injection is usually designed as a non-surgical alternative for people who want to avoid or delay joint replacement surgery.
- It is a relatively new injectable medical device, and improvement may take up to 8 to 12 weeks. It may provide long-term relief lasting from 3 to 5 years.
- Before receiving the injection, a pre-screening appointment is needed to determine if you are eligible.
- Repeat injections may be recommended after 3 to 5 years.

When should you consider using it?

- Knee osteoarthritis