

Corticosteroids for Tendinopathies

Summary

- Coombes et al. conducted a comprehensive review of randomised trials of peritendinous injections for tendinopathy
- Whilst steroid injections can be helpful in reducing pain in the short term, they are associated with poorer long-term outcomes
- Peritendinous corticosteroid injections do however appear safe, with only 1 serious adverse event reported (tendon rupture)

Expert Comment

- Dr. Karim M. Khan, assistant professor in family practice at the University of British Columbia in Vancouver, said "these data are the most comprehensive to indicate to patients that they should try to avoid having corticosteroid injections -- particularly for tennis elbow."
- Khan's advice: Avoid cortisone, give your exercise program time to work and go to a physiotherapist who has experience with tendon problems.
- "The failure of the magic-bullet approach evaluated by this study, leads the thoughtful patient and clinician back to the other treatment that has been proven effective for tendon problems -- active exercises to load the tissue," Khan said. "Rest is not the answer."
- "There is a high risk of poor long-term outcomes and higher recurrence rates with corticosteroid injections," said lead author Bill Vicenzino, chair of sports physiotherapy in the School of Health and Rehabilitation Sciences at the University of Queensland.

Resource

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(10\)61160-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)61160-9/abstract)

Please feel free to drop me an email with your comments or if you require more information.

Kind regards,

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