

Types of injections for painful areas on the feet Central Oregon Foot & Ankle

- **Steroid injection**
 - Steroid injections provide localized relief of inflammation at the site of pain
 - Inhibits inflammation
 - Steroid can stay in the joint and should only be done 3 times a year in the same joint
 - Steroids can sit in soft tissue but are not harmful to the tissue in small amounts, they can help to shrink down an inflamed area such as a neuroma
 - 1-3 injections per year in joints, 3-4 months apart
 - 2-3 injection in one area for neuroma, 3 weeks apart, Billable to insurance

- **Prolotherapy injection**
 - A hyperosmotic, irritant solution injection that causes local inflammation initiating your body's healing response
 - Research shows 80% of prolotherapy patients had good or excellent results
 - Multiple treatments encourage tissue growth to restore and strengthen
 - 2-6 treatments are often needed every 2-4 weeks, Not billable to insurance

- **Amniofix injection**
 - FDA approved in office injection that enhances healing, reduces scar formation, and reduces inflammation
 - It contains organic cellular components that accelerate tissue and wound healing.
 - It is helpful in tendonitis, plantar fasciitis, ligament sprains and tears, tendon tears, and joint pain
 - It can help you to avoid surgery and get back on your feet faster
 - 1 injection is done per area of pain using ultrasound guidance, no blood draw needed, Not billable to insurance

- **PRP (platelet rich plasma) injection**
 - Your own blood is drawn, the platelets are taken out and reinjected into the painful area
 - This promotes healing by stimulating growth factor proteins which encourage cellular growth and tissue regeneration
 - Attracts stem cells which grow into healthy tissue to jump start and strengthen the healing process
 - It is helpful in tendonitis, plantar fasciitis, ligament sprains and tears, and joint pain
 - It can help you avoid surgery and get you back on your feet
 - PRP is as effective as steroid in pain relief at 3 and 6 months but is longer lasting
 - 1-2 injections are performed on the area of pain, spaced 4-12 weeks apart, using ultrasound guidance, Not billable to insurance

