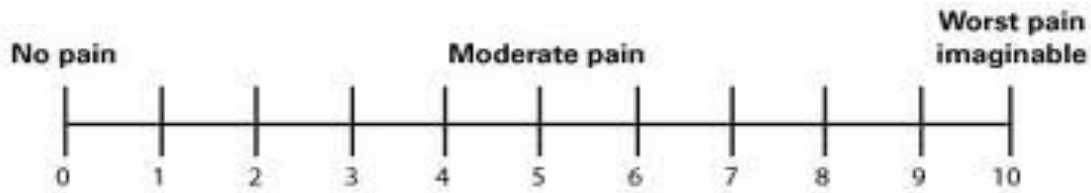


Ultrasound Guided Hip Injections

Why do recommend hip injections?

- This is meant to be both therapeutic (take your pain away) and diagnostic (determine what is causing your pain)
- Some people have pain from a labral tear, some have pain from degenerative joint disease, and some have both
- Your doctors use this injection to help them to make further treatment options for you. This may involve further injections and/or a surgical procedure, which could be a hip scope or a hip replacement.
- It is important for you to document your pain scale after the injection as well as the activity that you were doing when you documented your pain number



| | | |
|---------------|----------------|----------------------|
| Pre-Injection | Post Injection | 3 rd hour |
| Pain ____/10 | Pain ____/10 | Pain ____/10 |
| Activity | Activity | Activity |

| | | |
|--------------|--------------|--------------|
| Day 1 | Day 2 | Day 3 |
| Pain ____/10 | Pain ____/10 | Pain ____/10 |
| Activity | Activity | Activity |

| | | |
|--------------|--------------|--------------|
| Day 4 | Day 5 | Day 6 |
| Pain ____/10 | Pain ____/10 | Pain ____/10 |
| Activity | Activity | Activity |