



### How is cortisone given?

Cortisone is given by mouth for asthma, bronchitis, rheumatoid arthritis and other long-term, severe illnesses. When cortisone is given by mouth over long periods of time, side effects can occur.



Injections of cortisone are used to treat arthritis, tendonitis, bursitis, fascitis and synovitis. Also, soft tissue inflammations are often successfully treated with a shot in the affected area.

Cortisone shots are given for inflammation, NOT infection. The inflammation may be secondary to osteoarthritis, rheumatoid arthritis, trauma, torn cartilage or other problems.



### Tips For Healthy Joints



**Lose weight** – Extra weight puts more stress on your joints.

**Do low-impact exercise** – Swimming, cycling and gardening help firm up your arms and legs and burn calories.

**Wear sensible shoes** – Rubber-soled shoes provide cushioning.

**Lift with care** – Hold items close to your body and bend your knees.

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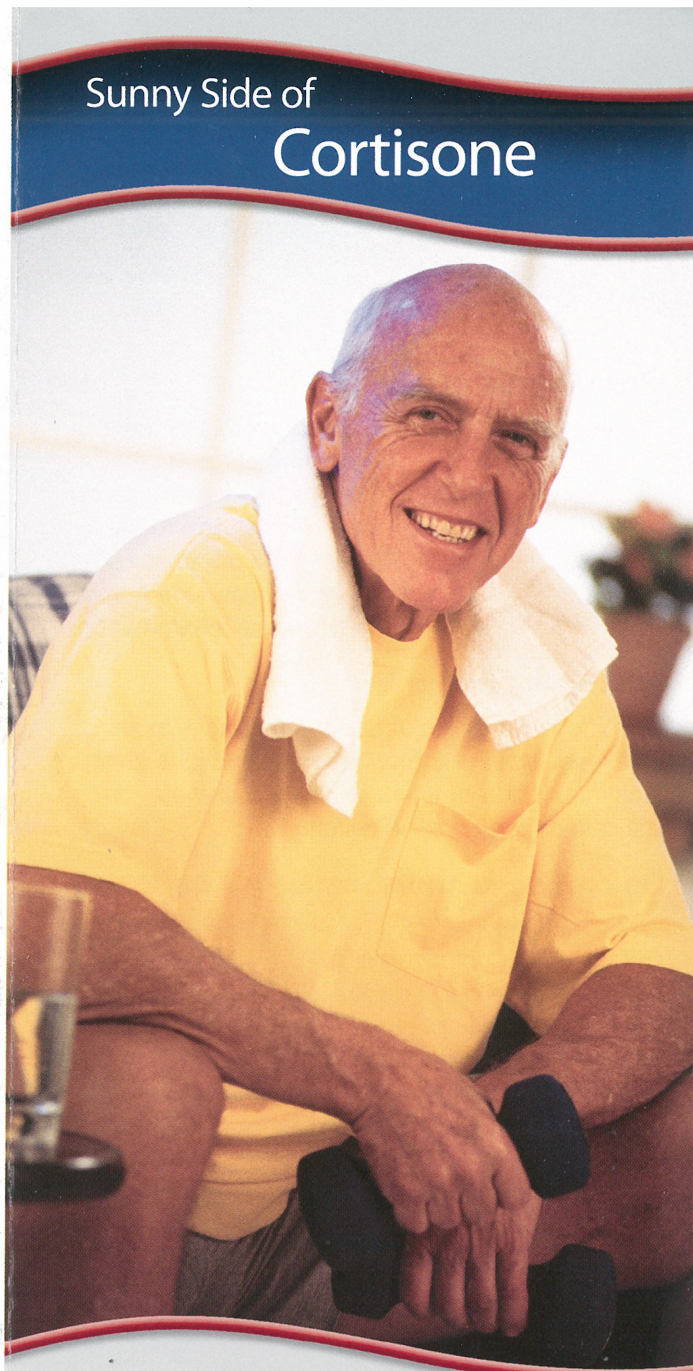
REDLANDS COMMUNITY HOSPITAL

350 Terracina Blvd.  
Redlands, CA 92373

Redlands Community Hospital: (909) 335-5500

Spine & Joint Institute: (909) 335-5642

[www.RedlandsHospital.org](http://www.RedlandsHospital.org)



## Sunny Side of Cortisone



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## What is cortisone?



Cortisone is a naturally occurring hormone that your body secretes every day. It helps you regulate reaction to physical and mental stress, and helps to decrease inflammation.

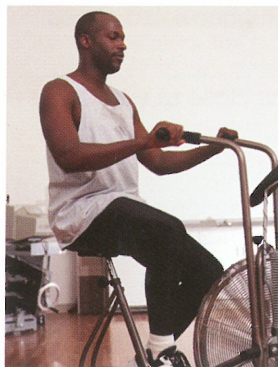
## What is a steroid?

Steroids are a group of hormones that includes cortisone. Most of the orthopedic injections given today are different types of steroids, but they are still called "cortisone" injections.

## Do cortisone shots cause side effects?

When injected into a joint, soft tissues or spinal area, moderate doses of cortisone are safe and will not give you soft bones, high blood pressure, a round face, or make you gain weight. It can increase glucose levels temporarily in diabetics.

Four to six cortisone shots per year can be safely given.



## Activities: Motion is Lotion!

Days of inactivity will increase joint stiffness and make it harder to move around.

For your knees and hips, several short walks are better than one long walk.

An exercise bicycle is good if the tension is off and the seat is high. Swimming is one of the best ways to get the exercise you need. In water you can enjoy a pain-free, full-body workout without stress on your sensitive joints or soft tissues.

## Medicines

If you are not already taking an anti-inflammatory prescription, we recommend at least 2 five-grain Ecotrin tablets (easier on the stomach than plain aspirin) three times a day after.



Tylenol is not as effective for inflammation but is a good pain reliever.

## What should I do after I get a cortisone shot?

After the pain and inflammation are under control, exercise, ice, heat, electrical stimulation, ultrasound and massage are used to help you regain motion.



After a cortisone shot it is best to:

- Rest the area of injection for a few days even though you feel much better.
- Apply ice to the affected area 3 times daily for a few days. Cover the ice pack with a towel to prevent ice burns to your skin. Apply the ice pack for 10 minutes each time.
- If you are not taking anti-inflammatory drugs such as Celebrex, Naprosyn or Relafen, take two Ecotrin (coated aspirin) twice a day.

In rare instances, more pain can occur after a cortisone injection. This is called a steroid flare or crystal reaction. The good news is that it will be better in 12 to 18 hours.