

Steroid Injections: How can they help you?

Steroid injections, also known as corticosteroid injections, are available at selected Vita Health Group Clinics, and offer several benefits.

They can be used to improve mobility or to eliminate the need for surgery and other more-invasive procedures.

At Vita Health Group we offer 2 types of injections: Corticosteroid injections and Hyaluronic acid (Ostenil). If you think you could benefit from steroid injections contact us or scan the QR code below.



Scan here for
more information on
our services.





The Benefits

Pain Relief:

They work by reducing inflammation at the injection site, which can alleviate pain and discomfort.

Reduced Inflammation:

They can help reduce inflammation in specific areas of the body, which is particularly useful for conditions such as arthritis, tendonitis, and bursitis.

Improved Mobility:

By reducing inflammation and pain, steroid injections can improve joint or muscle function, allowing individuals to move more freely and comfortably. This can be especially beneficial for people with joint conditions or injuries.

Quick Onset of Relief:

In many cases, steroid injections provide relatively quick relief compared to some other treatment options. Many individuals experience significant pain reduction within a few days after receiving an injection.

Minimally Invasive:

Steroid injections are minimally invasive procedures, which we perform in our clinics.

Avoiding or Delaying Surgery:

For some individuals, steroid injections can delay or even eliminate the need for surgery. By managing pain and inflammation, they can provide a non-surgical option for some conditions.

Localised Treatment:

Steroid injections are targeted treatments. They deliver medication directly to the affected area, maximizing the medication's effectiveness at the site of inflammation.

Get in touch or find out more about Vita Physio Services:



vitahealthgroup.co.uk



privatemskadmin@vhg.co.uk