Dr Jenny Turner is pleased to now be able to offer both diagnostic ultrasound and ultrasound-guided injections as part of her assessment and treatment of joints, muscles and tendons. The use of a portable ultrasound machine within the St Martins Health Centre is an invaluable tool to help look at the injured or painful part of your body and can help to instantly confirm the diagnosis.

Dr Turner can also now perform ultrasound guided injections, so that she can see the injection going into the right spot in real – time. Injections that can be offered include:

- **Corticosteroids** for joint or acute tendon inflammation. This acts as a very powerful anti-inflammatory. It is also very useful in bursitis of the shoulder, elbow, hip or knee.
- **Hyaluronic acid** for osteoarthritis – this is particularly useful for early osteoarthritis in patients keen to avoid surgery. It acts as a synthetic synovial fluid (which helps to lubricate the joint) reducing pain and improving movement.
- **Scleroscants** injections for partial tendon tears. A mixture of 25% dextrose and local anaesthetic helps the tendon to fibrose and heal; it reduces pain and aids rehabilitation.
- **Whole blood** injections for chronic tendons problems such as tennis elbow and golfers elbow. Blood is withdrawn and then re-injected into the tendon with dry needling of the tendon.
- **High volume tendon stripping procedures**. These are particularly useful for chronic Achilles and patella tendon problems. 50mls of local anaesthetic and saline is injected beneath the tendon. It reduces pain and stiffness and helps the tendon to heal.

At your first consultation with Dr Turner you will have an extended, 35-minute appointment, to allow the doctor to take a detailed history and perform a physical examination to assess the problem. From this a provisional diagnosis and treatment plan can be explained to you. An ultrasound examination may be performed within this time. Treatment may be carried out during the first assessment or you may need to return for a longer procedure.

If you have medical insurance we would advise you to check with your insurance company whether they will pay for an extended consultation and ultrasound prior to your appointment.

Depending on the injection you may be unable to drive or operate machinery for 24 hours and should aim to rest the area for a week afterwards.