

High Volume Saline Injections

What is a High Volume Injection and how can it help?

The procedure involves using ultrasound guidance to inject a fairly high volume of solution (30-40mls) into the space between the tendon and the tendon sheath, where the new blood vessels and nerves travel. This solution contains normal saline (salt in water) and local anaesthetic. The solution separates and breaks of the vessels and nerves by gentle pushing the tendon sheath away from the tendon itself. This helps to reset the ineffective healing process and reduce your pain.

What can and what can't I do after a High Volume Injection?

- You should not go home on public transport after this procedure. You will need to be taken home by car. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.
- You do not need to avoid using your leg all together but try to walk as little as possible for 48 hours after the injection – only walk when necessary.
- Restart eccentric exercises from level 1 after 7 days, then progress from level 1 according to the programme in your exercise regime.
 - Only introduce plyometric and impact exercises once your eccentric exercise programme is complete.

Are there any side effects?

As part of the injection is local anaesthetic, you may experience numbness after the procedure. This should wear off within the next 24 hours. Occasionally this may be followed by increased pain for a short period of time.

A serious, but rare complication is infection of the skin or tendon, which results in redness, pain, swelling and warmth when you touch it. If you think you may have an infection please see your GP as soon as possible.

The injection works well for over 50% of people who have failed to make progress with their exercise programme. In a minority of people, a repeat High Volume Injection may be required.

When can I get back to sports and exercise after a High Volume Injection?

You can return to your sports and exercise after you have completed your rehabilitation programme and a graduated return to sport programme, as guided by your specialist.

Do not go back to doing sport or vigorous exercise straight after your High Volume Injection, even if you have no pain in your tendon. Your tendon will feel better after the High Volume Injection because the pain has been removed by the anaesthetic and action of the solution, not because your tendon has been mended. It is therefore vital that you complete the full course of rehabilitation recommended by your specialist, to allow the tendon to repair properly. Putting strain on it too soon can put your tendon at risk of rupturing.