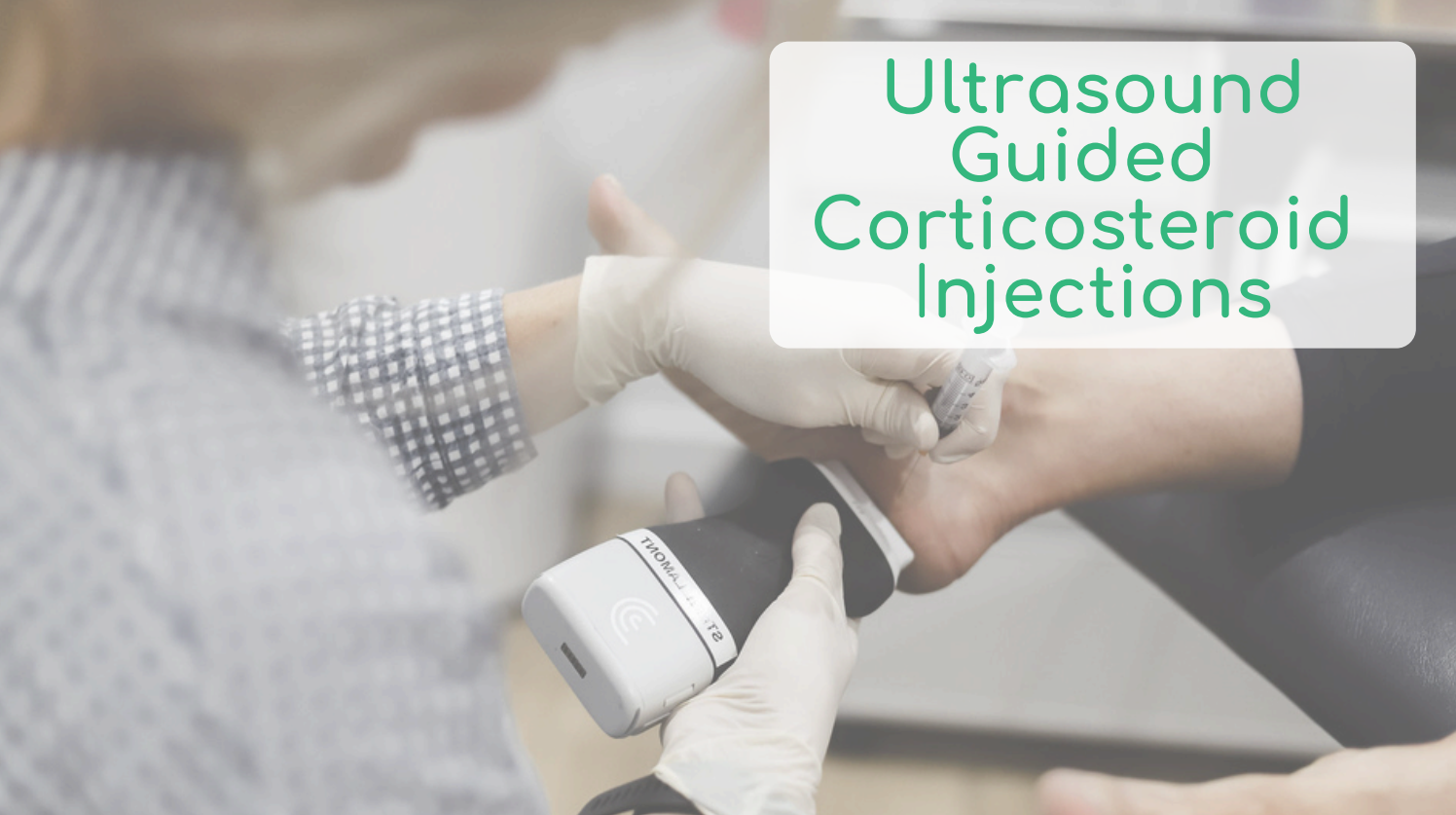


# Ultrasound Guided Corticosteroid Injections



## Injection Pricing

Initial Appointment	Cost
(014) Long Podiatry Appointment	\$186
(985) Corticosteroid injection	\$90
(145) Guided Ultrasound	\$46
<b>TOTAL</b>	<b>\$322</b>



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## What are cortisone Injections?

Corticosteroid or 'cortisone' injections involve injecting a combination of Corticosteroid (an anti-inflammatory medication) and a local anaesthetic into injured joints or soft tissue

Our Endorsed Podiatrist, Steph Lamont is able to administer these injections guided by ultrasound. This helps ensure we are injecting the correct location.

This type of injection acts as a powerful anti-inflammatory and can be effective in reducing inflammation faster than other forms of medications, such as oral anti-inflammatories.



## Steph Lamont Endorsed Podiatrist

An endorsed podiatrist has completed additional training, which enables them to prescribe a number of medications to treat common foot and ankle problems.

Endorsed Podiatrists are also able to administer Ultrasound Guided Corticosteroid Injections



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# About the Treatment

Cortisone injections are a non-invasive procedure that can reduce swelling, stiffness and pain in the foot and ankle. Cortisone acts like the natural hormones in your body to stop inflammation.

Multiple injections may be required depending on the condition or injury, while sometimes one can be enough.

There are different types of cortisone that can be administered. It can take up to 24-48 hours before it starts taking effect and symptom relief is noticeable.

Each injection will take effect within a few weeks and last between 1-6 months, depending on the severity of the condition.

# Conditions it can help

Plantar Fasciitis

Achilles Tendinopathy

Ankle Osteoarthritis

Plantar plate tears

Mortons neuroma

# After Treatment

It is common to have some pain and swelling and it is best to avoid high-impact activities for one week following treatment.

Other potential side effects can include infection at the injection site, lightening of skin around the injection site and an increased blood sugar among Diabetic patients.

If you have any queries or concerns, please speak to our Endorsed Podiatrist Steph for more information.