

## **CORTISONE INJECTIONS WORSEN PAIN IN THE LONG RUN**

Though Corticosteroids provide short-term relief from tendon pain, they increase pain in the long term. 41 randomized trials compared various types of injection to placebo or non-surgical treatments in 2,672 patients with tendon damage.

Though corticosteroids are prized for their anti-inflammatory effects, they are often used to treat tennis elbow and other forms of non-inflammatory tendon pain.

Tendonitis is frequently poorly understood. It is rarely the sign of inflammation. Corticosteroids were associated with pain relief for up to eight weeks, but with greater pain at six months and one year. It's unclear why the shots might cause long term pain, but the researcher suggested that the injections could weaken tendons' internal structures.

### **CFR RESPONSE - H. Goslins**

The reason why the shots might cause long-term pain is because the person has been overusing the area without any pain feedback saying STOP and hasn't yet changed the dysfunctional movement pattern keeping the injury from healing and the block is wearing off!"

**The New York Times** Science News 2.28.11

**THE WALL STREET JOURNAL** Research Report 11.12.12

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