



CHIPPEWA VALLEY  
ORTHOPEDICS AND  
SPORTS MEDICINE

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## HIP JOINT INJECTION PAIN DIARY

### *Why are hip joint injections helpful?*

Hip pain is a very common source of pain. There are many problems that can manifest as “hip pain”, including pain from the hip joint, pain from muscles around the hip joint, referred pain from a pinched nerve or from the low back region. A hip joint injection is therefore, helpful for determining if the source of the “hip pain” is coming from the hip joint.

A hip joint injection can be both diagnostic and therapeutic and it serves several purposes. First, by placing numbing medicine in the hip joint, the amount of immediate pain relief you experience will help confirm or deny the joint as a source of the pain. Also, time-release steroid will serve to reduce any inflammation within the joint and may thus provide longer-term pain relief.

### *What should I do before the procedure?*

Write down **3 ACTIVITIES** that trigger your hip pain and include a **PAIN SCORE** (0 to 10)

**0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10**

No pain → Mild Pain → Moderate Pain → Severe Pain → Very Severe → Worst Pain

ACTIVITY	PRE-PROCEDURES PAIN LEVEL
1.	
2.	
3.	

### *What should I do after the procedure?*

It is very important for you to fill out a pain diary after the hip joint injection so that I can determine how much relief you have had from the hip joint injection. Based on the results from the hip joint injection, we will then determine whether or not the hip joints are the source of your pain.

Please record the **SAME ACTIVITIES** you listed above and record the **PAIN SCORE** while doing these activities at the times listed **POST-PROCEDURE**.

ACTIVITY	15 MIN	1 HOUR	2 HOURS	1 DAY	3 DAYS
1.					
2.					
3.					

**\*\*Please bring this with you to your follow up visit after the procedure!**

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