Champey Pain Group’s mission is to reduce or eliminate reliance on prescription medication and to avoid possible surgery.

It doesn't sound like a big deal, but it's important to know what you are getting into before a procedure. Here are the facts about cortisone shots.

(Newswire.net -- January 26, 2017) -- The words ‘cortisone shots’ may cause apprehension because they are injections. Cortisone shots are injected into joints to relieve inflammatory pain at these specific points. Even tiny joints such as those in the fingers or toes can benefit from cortisone injections.

Am I a candidate for a cortisone shot?

Joint pain often brings a patient to consider cortisone injections. People suffering from rheumatoid or osteoarthritis may seek injections for relief of pain and desire for better quality of life. Cortisone shots are given by pain management specialists like Champey Pain Group in tandem with specific programs designed for each individual.

What medication is in a cortisone shot?

The injections usually consist of a local anesthetic to relieve pain and corticosteroid medication. Cortisone medication is used for a wide range of inflammatory conditions, including asthma, itching, allergic reactions and arthritis. Cortisone is produced naturally by the adrenal glands in the body, and the medicated kind mimics which the body produces.

How is a cortisone shot given?

An anesthetic spray is used to numb the sterile injection site. A real-time x-ray called a fluoroscopy is used to guide the doctor into the correct injection site for the needle. Immediate relief is usually felt through the anesthetic, and long-term pain alleviation through the cortisone action.

Are regular cortisone shots now the answer for my arthritis pain?

Cortisone injections are a good stop-gap tool for pain management. Often, pain becomes a kind of illness in itself. When the pain is relieved, a person feels able to respond to physical therapy and more activity. Cortisone shots are not advised for long-term relief, but lifestyle changes like more physical activity are implemented once a person has relief.

Why is more activity necessary when I have had severe joint pain?

The human body was designed for activity. Any lessening of activity, whether from pain, old age, obesity or illness, causes the body to break down.

Joint pain can be mitigated or controlled in various ways. For instance, overweight puts extra strain on joints, and can be modified by diet and an individualized exercise plan. Osteoarthritis is responsive to regular strengthening of joints and muscles. Proper footwear can sometimes change biomechanics for the better.

'More activity’ does not mean leaping into a strenuous exercise plan because a cortisone shot leaves a person pain-free. The body does best with gradual increases in performance.
It is important to understand that joint pain has an underlying cause that must be addressed. Pain management specialists like Champey Pain Group may approach the underlying factor with immediate relief through cortisone injections and long-term programs designed for maintenance and a healthy lifestyle.

**About Champey Pain Group**

Dr. Edward J. Champey, MD specializes in Advanced Interventional Pain Management in New Jersey. He is Board Certified Anesthesiologist who has personally performed all Pain Management procedures at Mine Hill Surgical Center, located in Morris County, NJ.

At the Champey Pain Group we approach each patient to improve function, repair injured tissues, decrease pain, and improve their quality of life. We provide high-quality care to our patients in accordance with Accepted and Recognized Standards while offering treatment for chronic and acute pain sufferers. Our mission is to reduce or eliminate reliance on prescription medication and to avoid possible surgery.

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