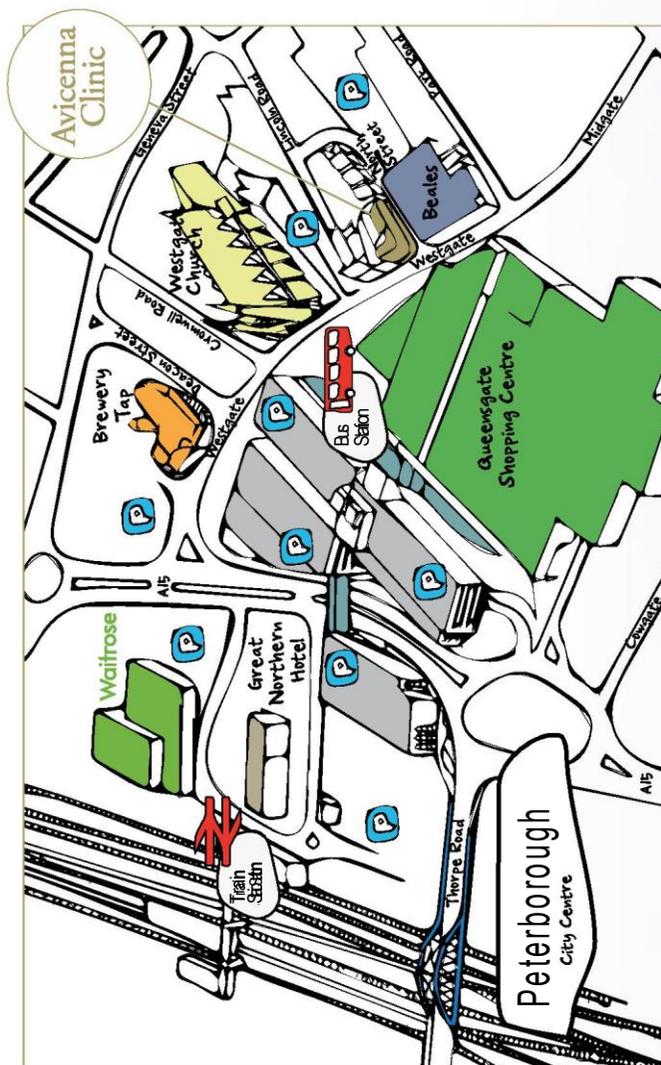


If you have any questions you want to ask, you can use this space below to remind you.

### How to find Avicenna Clinic

We are located in the heart of Peterborough City Centre at: 1 North Street, Peterborough, PE1 2RA, adjacent to the Queensgate Shopping Centre entrance on Westgate, and Beales on the corner of North Street and Westgate. Plenty of parking is available near to the clinic and Peterborough train station and bus stations are just a short walk away.

Our opening times are between 9am to 6pm, Monday to Saturday (except bank holidays). Please contact us on 0330 2020597. You can find us online at [www.avicennaclinic.com](http://www.avicennaclinic.com) or on Twitter: AVClinic; or Facebook: Avicenna



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 03302020597

# Avicenna Clinic

Open MRI and Minimally Invasive Surgery

# Avicenna Clinic

## High Volume Injection (HVI) For Tendinopathy

This leaflet is designed to give you some information about the procedure, to help you prepare for your procedure and to give you some idea of what to expect.

### What is Tendinopathy?

Tendinopathy occurs when a tendon is unable to adapt to the strain being placed upon it. This leads to repeated small amounts of damage within the tendon fibers, and results in the tendon trying to heal itself in response to the strain. Exactly why this should happen is not completely understood.

### What is High Volume Injection?

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. This solution contains normal saline (salt in water) and local anaesthetic.

### What can and what can't do after the injection?

You should not go home on public transport after this procedure. You will need to be taken home by car. 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.

### Are there any side effects?

As part of the injection is a 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 are think you may have an infection please see your GP as soon as possible.

### How effective is the injection?

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

### When can I get back to sport and exercise?

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

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. This puts your tendon at risk of rupturing.

### How can you help us?

If you are unable to attend for whatever reason, please inform the department so that your appointment can be offered to another patient.

If you are admitted into hospital please, inform the ward staff of this appointment.

If you are worried about anything, contact your GP or call the Clinic on **03302020597**.