

# Cortisone Knee Injection's Affect

Cortisone knee injections (aka steroid injections) are common knee treatments prescribed by orthopedic **knee doctors** as a means of presenting temporary knee pain relief. Sadly, most knee pain patients don't honestly understand how cortisone works with your body, it's adverse effects, and why it's essential to examine other [knee pain treatment](#) alternatives before taking cortisone knee injections.

## **Two Varieties of Cortisone Knee Injections:**

- 1) The first kind of cortisone is the one normally created by our adrenal glands and blended into our bloodstream in occasions of stress. It is contemplated our 'fight or flight' hormone.
- 2) The second kind of cortisone is man-made or artificial. This is the form that is introduced into the knee joint to momentarily lessen swelling and soreness in the knee.



## **What Do Steroid Shots Really Do?**

Cortisone is a kind of steroid. It is not a pain killer it is just an anti-inflammatory. It subsequently renders knee pain relief because it lessens the fluid encompassing the knee joint thereby alleviating the stress on the muscles in the knee. **Knee doctor new jersey** suggests taking this only in cases of grave emergency.

## **When Should You Get A Cortisone Injection?**

If you've had an injury in the last two weeks nothing major like for instance, from a fall, a car accident, or skipping, sporting and you have acute or severe inflammation or soreness in the knee joint then you should think of getting a cortisone shot. More than slightly you will regard immediate relief after the shot; nevertheless, the effects will be brief so while you're

still experiencing relief you should be hunting for a REAL SOLUTION to your quandary. Find this with the **best knee doctors in NJ**.

### **Reasons to Avoid Cortisone Knee Injections:**

- 1) Steroid injections will not heal you. Results will be brief, even if you encounter a reduction in swelling, pain, and discomfort in the knee joint. After having a shot, you must be careful, since it is not uncommon to exacerbate a pain during this time. (The most critical part is you won't know if you've damaged your knee again until the effects of the cortisone go off)
- 2) Only three steroid injections are approved on an annual basis because in extended-term and recurred application will create a bone loss, weakening of tendons, and cartilage loss in the knee joint.
- 3) Do not get a cortisone shot if you don't have liquid or inflammation around your knee. It won't accommodate you.
- 4) If you're diabetic then your blood sugar will need to be controlled since it causes a boost in blood sugar levels.



### **A Better Knee Treatment Alternative**

A more reliable more practical knee treatment alternative to knee shots is cold laser treatment. Cold laser treatment is a painless, non-invasive knee procedure alternative that allows [best knee doctors in NJ](#) to treat the root of the predicament thereby reducing knee pain and inflammation. Cold laser therapy doesn't just briefly 'cover-up' the burning like pain drugs or knee injections. Cold laser therapy operates by stimulating the restorative process on a cellular level so that damaged and broken tissue can recover and restore itself faster.

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