

Excluded: Procedure not routinely funded

Policy Statement 65: Corticosteroid injections for lateral elbow tendinopathy (tennis elbow)

Date of Issue: January 2012 (South Central Priorities Committee)
Ratified and adopted: April 2013

The South Central Priorities Committee considered the evidence for the clinical and cost effectiveness of corticosteroid injections in patients with lateral elbow tendinopathy (tennis elbow). The committee **recommends** that NHS funding for corticosteroid injections for lateral elbow tendinopathy should be **Procedures Not Routinely Funded**¹.

Evidence from one good quality systematic review of randomised controlled trials (RCTs) investigating the safety and efficacy of corticosteroid injections for tennis elbow, shows some benefit from corticosteroid injection in the short term (up to 7 weeks) compared with no active treatment, placebo or non-steroidal anti-inflammatory drugs (NSAIDs). However, in the medium (up to 26 weeks) and longer term (1 year or longer) corticosteroid injections are associated with worse outcomes than other approaches to management including no treatment, NSAIDs or physiotherapy.

NOTES:

1. Exceptional circumstances may be considered where there is evidence of significant health impairment and there is also evidence of the intervention improving health status.
2. This policy will be reviewed in the light of new evidence or guidance from NICE.
3. Further information on policy statements is available from <http://www.fundingrequests.cscsu.nhs.uk/>