

Thames Valley Priorities Committee Commissioning Policy Statement

Policy No. TVPC84

**Corticosteroid injections for
patella, elbow and Achilles tendinopathy**

**Recommendation made
by the Priorities Committee:** November 2018

Date of issue: March 2019

Tendinopathy is a general term that describes tendon degeneration characterised by symptoms of pain, swelling and impaired function. Tendinopathy can resolve spontaneously over a period of time or with the help of rest, pain-relieving and anti-inflammatory medication, orthotics and physiotherapy. The following are included in this policy:

- Patella Tendinopathy, also referred to as 'jumper's knee'
- Medial and lateral elbow tendinopathy, also referred to as golfers elbow and tennis elbow
- Achilles tendinopathy

Thames Valley Priorities Committee has considered the evidence for the clinical and cost effectiveness of corticosteroid injections in patients with patellar, elbow and Achilles tendinopathy.

Due to a lack of high quality evidence for the clinical benefit of the use of corticosteroid injections for these indications, they are **not normally funded**.

M76.5 Patella (knee) tendonitis
M77.1 Tennis elbow
M76.6 Achilles tendonitis

NOTES:

- Potentially exceptional circumstances may be considered by a patient's CCG where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g., from NICE.
- Thames Valley clinical policies can be viewed at <http://www.fundingrequests.ccsu.nhs.uk/>