

# X-ray guided steroid injections effectively treat hamstring tendonitis, study suggests

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Fluoroscopic (X-ray) guided steroid injections offer a safe and effective alternative to the conventional treatment of hamstring tendonitis, according to a study to be presented at the ARRS 2010 Annual Meeting in San Diego, CA. Conventional treatment includes rest, anti-inflammatory drugs, and physical therapy.

Hamstring tendonitis refers to inflammation (pain, swelling, warmth, redness, and dysfunction) in one or more of the hamstring tendons. It is relatively common in a multitude of track and field athletes and dancers.

The study, performed at the University of Texas Health Science Center in Houston, TX, included 16 patients with hamstring tendonitis who were treated using X-ray guided [cortisone](#) injections. "Post treatment, 11/16 patients showed a major improvement," said Manickam Kumaravel, MD, lead author of the study. The remaining five patients showed a minimal to moderate improvement," said Kumaravel.

"No immediate or long-term complications were found in any of the patients or injection sites. Our study suggests that X-ray guided steroid injections are safe and beneficial for the treatment of hamstring tendonitis in athletes," he said.

Provided by American College of Radiology

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