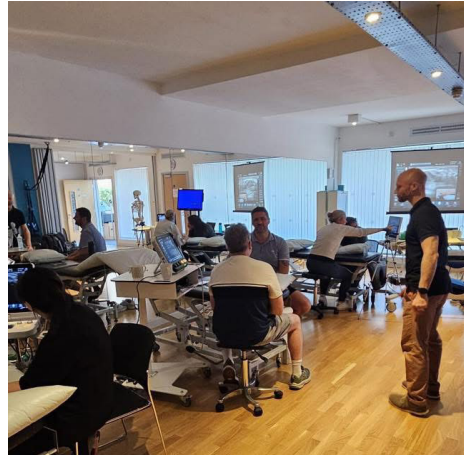


## Teaching Diagnostic Ultrasound at Life Fit Wellness

This month Stewart Kerr hosted and taught diagnostic ultrasound to a group of surgeons, sports doctors, physios and podiatrists.

Emmet was on hand to help Stewart facilitate and we are happy that this professional course was a great success and that we are able to pass on our knowledge and experience.



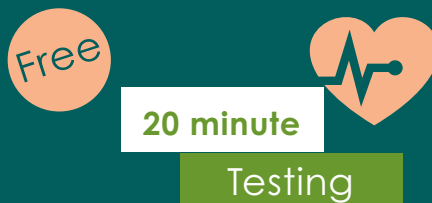
### We are supporting the STRATHCARRON HOSPICE 10K RACE

Life Fit Wellness are once again sponsoring this fun race on 12 October 2025 which starts at Denny High School, Larbet. We would love to see you there!

Visit: [www.strathcarronhospice.net/events](http://www.strathcarronhospice.net/events)



### KNOW YOUR NUMBERS



- Blood pressure
- Grip strength
- Weight
- Balance
- Height

Chat to Reception to book

Life Fit Wellness  
Falkirk Business Hub | Weir Street | FK1 1RA  
Kingsfield Golf & Leisure | Linlithgow | EH49 7LS

Tel: 01324 614 044  
Email: [info@lifeitwellness.co.uk](mailto:info@lifeitwellness.co.uk)  
[www.lifeitwellness.co.uk](http://www.lifeitwellness.co.uk)



Sept 2025  
Feel free to take me home

## YOUR MONTHLY WELLBEING UPDATE

### We have you covered

### Ultrasound guided-injections

We have been expanding our injection service these past few months, from adding additional types of injections as well as **Emmet Kennedy joining Stewart Kerr as a scanning and injection clinician.**

This **specialist service** is designed for speed and precision - clients receive expert diagnostics and targeted treatment in a single streamlined visit. **With minimal wait times and efficient scheduling**, we prioritise your time while delivering high quality care that gets results fast. We will give you a full clinical examination, ultrasound scan and injection in one convenient appointment. We also provide you with a pathway forward including **rehabilitation advice and electronic exercises.**



Our injections are for conditions of the upper and lower limbs where a large variety of conditions can be assessed and treated including tendon, joint, ligament, muscle and nerve issues. Many patients who suffer from **Osteoarthritis, Frozen shoulder, Carpel tunnel, Plantar Fasciitis, Bursitis, etc. do find that the injections make a significant difference** to easing the pain they experience and helps them get back to living their lives.

### Ultrasound-scanning machine:

Our ultrasound scanning machine is an excellent imaging tool for tendon, muscle, ligament, nerve and joint structures of the upper and lower limbs. Both our Advanced Practice Physiotherapists (Stewart Kerr and Emmet Kennedy) are able to produce superb resolution images, which assists in making a diagnosis.

Ultrasound is very safe as it uses sound waves rather than emitting radiation. It improves the accuracy of injection procedures and allows the clinician to determine the presence of extra blood flow often associated with inflammation. Using the ultrasound machine allows us to provide an enhanced service and better outcomes for our patients.

## Injection Q and A with our Clinicians

### Stewart Kerr: Advanced Practice Physiotherapist & Sonographer



#### What are the typical complaints patients come in with?

We see wide variety of conditions but the most common tend to be osteoarthritis, soft tissue conditions of the shoulder (rotator cuff related and frozen shoulder), wrist and hand conditions such as carpal tunnel syndrome and trigger finger.

#### What is your most popular joint injections?

Knee-joint injections for osteoarthritis closely followed by shoulder injections.

#### Steroid injections: What is your opinion and the pros / cons?

It certainly is a controversial topic, but as with many things, it depends on the circumstances. For some, an appropriately considered and well-administered steroid injection can be very valuable. The main down-side to steroid injections is that it can cause weakening or degeneration to tissues if administered too frequently or inaccurately. That's where a examination and discussion with each patient is important to best match the treatment.

### Emmet Kennedy: Advanced Practice Physiotherapist & Sonographer



#### Which injections are best for prevention of joint degradation and why?

This is context specific. As per the previous question, too much steroid can have negative consequences for joint degradation. However, if a joint is persistently inflamed, the inflammation itself can cause damage. An appropriate steroid injection in this context can be joint preserving. **Hyaluronic Acid injections** have a very strong safety profile and have no adverse consequences for joint health.

#### Catch it early or wait till absolutely necessary?

Hyaluronic Acid injections are **best performed before a joint gets too irritated**. They work less well when a joint is really inflamed. We typically say, '**hyaluronic acid injections when a joint is 'grumpy', and steroid injections when a joint is 'angry'**'!

#### What are the benefits of scanning when giving injections?

There are many benefits that 'ultrasound-guided injections' provide over 'landmark guided injections'. The main benefit is safety. Being able to see the needle helps us to avoid hitting unintended structures and also ensures that we inject where we intend to inject. This also improves the effectiveness and outcomes of the injection.



## Osteoarthritis Pathway and Joint Injection options

### Osteoarthritis Diagnosis

- Joint pain
- Morning stiffness
- Reduced movement & function
- Swelling / Crepitus



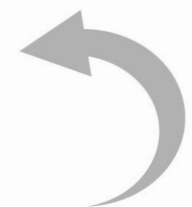
### First line Management

- General and targeted exercise programme.
- Weight management
- Lifestyle changes. eg. supports, footwear, etc.
- Simple analgesics. eg. Paracetamol / NSAIDS / Topical therapies.



### Ultrasound-guided Injections

If symptoms persist, joint injections may help as part of a non-surgical treatment pathway.



### 1 Corticosteroid Injections (Steroid / Cortisone)

- Significant inflammation.
- Flare-ups of pain and swelling.
- Rapid symptom relief needed.
- Useful for knee, hip, shoulder, small joints.

### 2 Ostenil Plus (Hyaluronic Acid + Mannitol)

- Mild Osteoarthritis.
- Persistent joint stiffness.
- Reduced mobility.
- Pain not controlled with basic measures.

### 3 Sinovial HL (High + Low molecular weight Hyaluronic acid)

- Mild to moderate Osteoarthritis.
- Pain, swelling and stiffness.
- Patients looking for a quicker acting and longer lasting effects.
- Can be used in large and small joints.

### 4 Cingal (Hyaluronic Acid + Corticosteroid)

- Only licenced for knee joint.
- Combination of inflammation and mechanical pain.
- Need for fast relief & longer lubrication.

### 5 Sinogel (Hyaluronic Acid + Chondroitin)

- Mild to moderate Osteoarthritis.
- Enhanced shock-absorption.
- Indicated in more active patients.
- For knee and hip joints.
- Longer lasting effects.