Aylesbury Vale Clinical Commissioning Group
Bracknell and Ascot Clinical Commissioning Group
Chiltern Clinical Commissioning Group
Newbury and District Clinical Commissioning Group
North and West Reading Clinical Commissioning Group
Oxfordshire Clinical Commissioning Group
South Reading Clinical Commissioning Group
Slough Clinical Commissioning Group
Windsor, Ascot and Maidenhead Clinical Commissioning Group
Wokingham Clinical Commissioning Group

Thames Valley Priorities Committee Commissioning Policy Statement

Policy No. 223b	**Corticosteroid injections for patellar tendinopathy (jumper's knee)**
CCG Transition Board Decision	**April 2012**
Date Approved by CCG	**March 2013**
Date of issue:	**May 2012, August 2016 No change to policy**

The South Central Priorities Committee (Milton Keynes, Oxfordshire, Buckinghamshire, Berkshire East and Berkshire West - MOBBB) has considered the evidence for the clinical and cost effectiveness of corticosteroid injections in patients with patellar tendinopathy (jumper's knee). The Committee RECOMMENDS that NHS funding for corticosteroid injections for patellar tendinopathy should be LOW PRIORITY.

Evidence from one systematic review of patellar tendinopathy, which included three randomised controlled trials (RCTs) of moderate quality, suggests that corticosteroid injection may improve clinical outcomes in the short term (4 to 12 weeks) compared with placebo injection, eccentric training and heavy resistance training. However, the benefit following corticosteroid injection is not maintained in the medium term (at 6 months), whereas the benefit is maintained in patients who have had either eccentric training or heavy slow resistance training.

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
- **Please check you are using the most recent version of this policy**
- This Policy was recommended to all Thames Valley CCGs. Consult individual CCG websites for date of adoption
- Thames Valley clinical policies can be viewed at http://www.fundingrequests.cscsu.nhs.uk/
- Oxfordshire CCG clinical polices can be viewed at http://www.oxfordshireccg.nhs.uk/professional-resources/priority-setting/lavender-statements