

BOB ICB and Frimley ICB Priorities Committee Clinical Commissioning Policy Statement

Policy Number/ Name	BOBFPC84 Corticosteroid Injections for Patella, Elbow and Achilles Tendiopathy
Date of BOB ICB Adoption	January 2024

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

Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB 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**.

ICD10 codes

M76.5 Patella (knee) tendonitis

M77.1 Tennis elbow

M76.6 Achilles tendonitis

OPCS code

T74.4 Injection of therapeutic substance into tendon NEC

NOTES:

- Potentially exceptional circumstances may be considered by a patient’s ICB 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 was developed and recommended by Thames Valley Priorities Committee which was the predecessor of Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB Priorities Committee.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g. from NICE.
- BOBFPC clinical policies can be viewed at [Clinical Commissioning Policy Statements & IFRs | BOB ICB](#)

Version	Date	Reason for change
Version 1	November 2018	
Version 2	May 2022	National guidance and evidence reviewed. No change to policy.