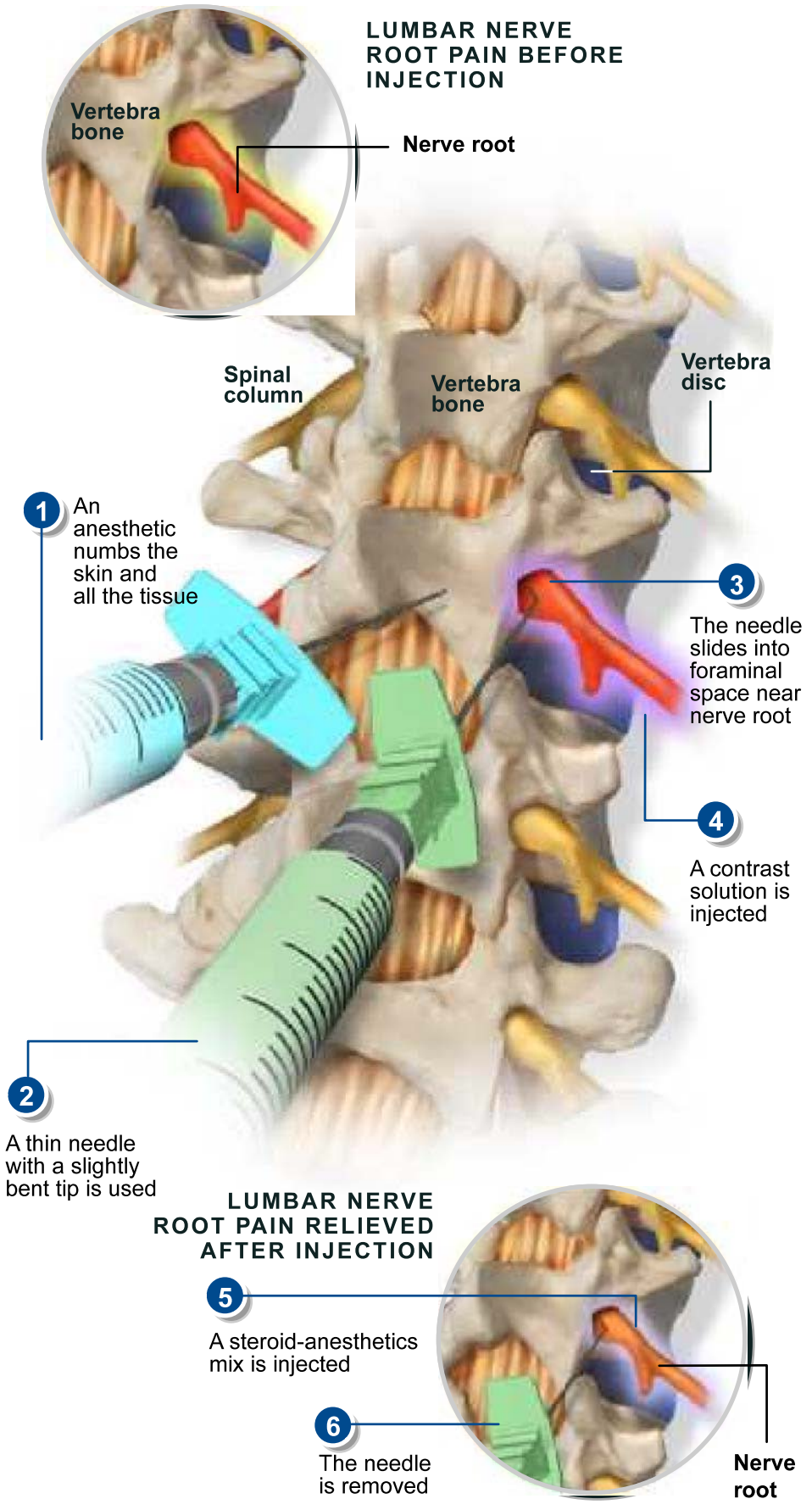
PAIN RELIEF SOLUTIONS

Transforaminal epidural steroid injection



This procedure is performed to relieve low back and radiating leg pain. The steroid medication can reduce the swelling and inflammation caused by spinal conditions, such as spinal stenosis, radiculopathy, sciatica and herniated discs. In some cases it may be necessary to repeat the procedure. However many patients get significant relief from only one or two injections.

Positioning the patient

Laying face down, a cushion under the stomach provides comfort and flexes the back. A fluoroscope is used to locate the appropriate lumbar vertebra and nerve root, and a local anesthetic numbs the skin.

Step 1

All the tissue down to the surface of the vertebral transverse process is anesthetized.

Step 2

The physician then slides a thin needle with a slightly bent point through the anesthetized track.

Step 3

Using the fluoroscope to see, the physician guides the needle carefully into the foraminal space near the nerve root.

Step 4

A contrast solution is injected so the physician can use the fluoroscope to see the painful areas and to confirm the correct location of the needle tip.

Step 5

A steroid-anesthetics mix is injected into the foraminal epidural space, bathing the painful nerve root with soothing medication.

Step 6

The needle is removed, and a small band-aid is used to cover the tiny needle surface wound.