Use of Fluoroscopic Injections in Treatment of Back Pain

Jeffrey Heftler, M.D.
Interventional Physiatrist
Why is it so tough to diagnose back pain anyway?

• There are many structures located in a small area that can all cause pain
  – Bones- vertebrae
  – Nerves
  – Muscles- Sprains/ Strains
  – Discs
  – Joints- Sacroiliac / Zygapophyseal joint
  – Ligaments
Injections

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**Off the Mark**

by Mark Parisi

OK, you may feel a little pinch...

NURSE SHARKS
Injections - Epidural

- Epidural space is the space between the dura (nerve covering) and the bones of the spine.
Injections

• Epidural - used for treatment of radicular pain or lumbar degenerative disc disease by decreasing inflammation
  – Interlaminar (Traditional)
  – Transforaminal
  – Caudal
Fluoroscopy

• What is fluoroscopy?
  – Digital x-ray
  – Can see image on television screen
  – Shows needle location relative to bones as we move needle
  – Split second pictures
Fluoroscope
Injections

• Advantages of fluoroscope
  – Increase safety of procedure
  – Ensures accuracy of procedure
  – Decreases patient’s pain (more comfortable positioning lying on stomach with support)
Injections

• Disadvantage of fluoroscope
  – Slight exposure to radiation (less than a chest x-ray)
Injections - Interlaminar
Injections - Transforaminal
Injections - Caudal

- A needle is guided through an opening at the base of the tailbone.
Injections

• Joint
  – Z-joint (Facet joints)
  – SI Joint
Injections - Zygapophysial
Zygapophysial/Facet joints
Radiofrequency ablation uses a heat probe to denervate or kill these nerves. The medial branches only got to the facet joint and small rotator muscle called the Multifitius.

- Can give pain relief for a year or longer.
- Check with anesthetic injection first.
Zygapophysial/ Facet joints
Sacroiliac Joint
Sacroiliac Joint Dysfunction
Goals of Injection

• The goal of every injection is to decrease pain and allow a patient to exercise
  – The long term solution is not continued injections, but the ability to keep the pain from recurring.
Injections - Contraindications

• Absolute
  – Local or systemic infection
  – Any anticoagulant treatment/bleeding disorder
  – Local malignancy

• Relative
  – Allergy to injectants
  – Congestive Heart Failure
  – Diabetes
  – Immune compromise
  – Pregnancy (no fluoro)
Thank you.
Any Questions?