

Spinal Pain Procedures (techniques)

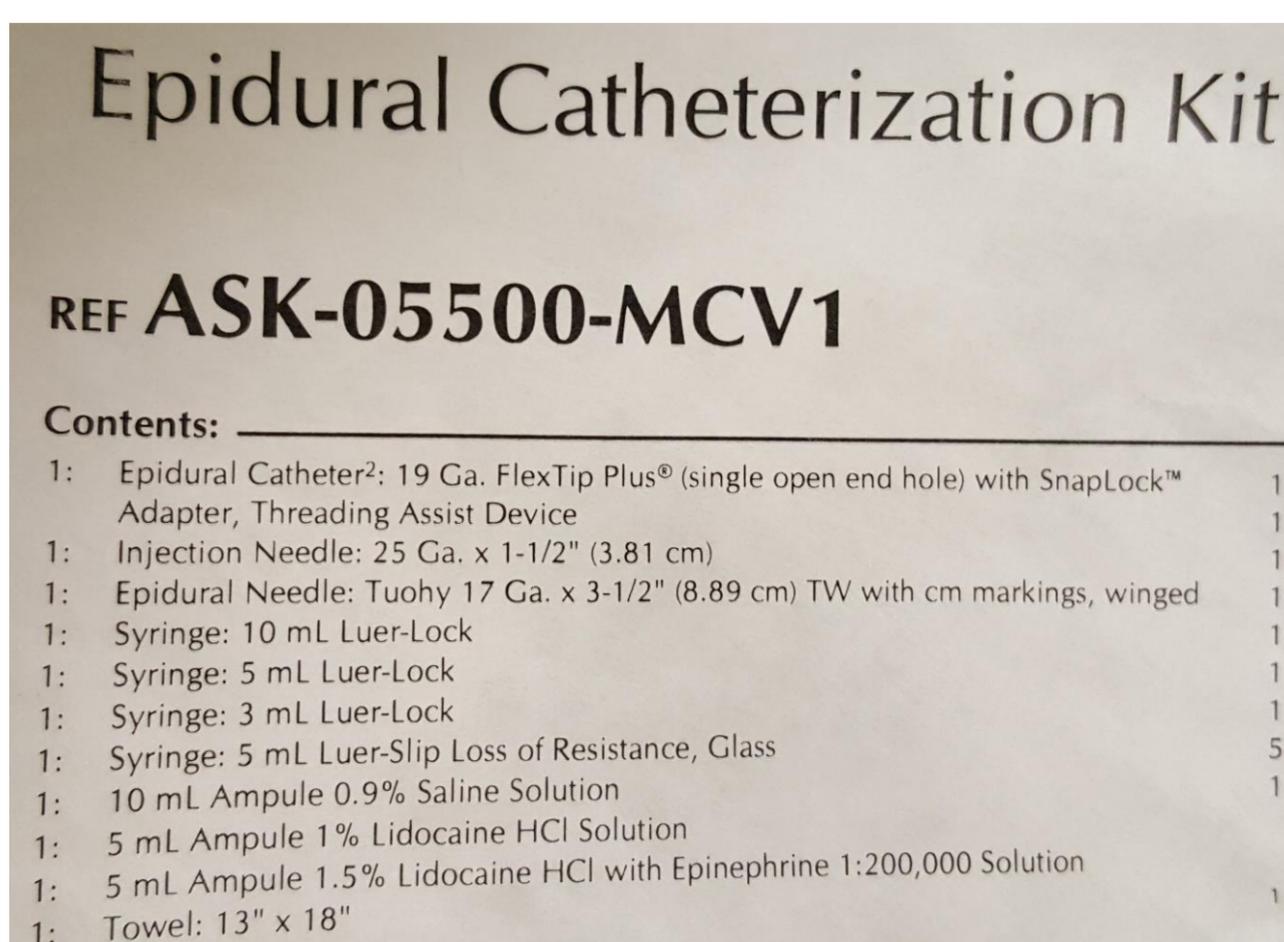
Last updated: September 2, 2023

LUMBAR STEROID INJECTIONS

EPIDURAL

- level of injection – above pathology (e.g. L2-3 stenosis with severe arthropathy and patient is poor surgical candidate → inject at L1-2)
- outpatient procedure with **fluoroscopy** and **Epidural Catheterization Kit**
- prone on flat radiolucent table.
- 2 cc of **KENALOG** or **DEPOMEDROL** (80 mg) + 2 cc of saline.
 - **Dr. Trainer** uses no local, so effect starts in 2 days.
 - **Dr. Graham** mixes with 1 mL of 1% preservative free **LIDOCAINE**.

N.B. DepoMedrol (methylprednisolone) FDA labeling states that it is *not approved for epidural application* (after three episodes of ESI leading to spinal meningitis) thus, for epidural injections, interventional pain specialists switched to dexamethasone!
- prep, drape
- put radiopaque marker on skin and do fluoro to select entry point
- inject local into to skin and deeper (1.5% lidocaine + 1:200,000 epinephrine to entire track).
- **AP fluoro** with Tuohy needle - aim needle tip (bevel towards head) just onto lower edge of the lamina. Insert Tuohy almost vertical under AP fluoro. Once on lamina, verify with fluoro needle position. Switch to **50-55 degree opposite oblique fluoro** - shows lamina profile very well - take stylet out and continue advancing Tuohy needle under lamina with glass syringe with saline attached. When lost resistance when tapping glass syringe, **Dr. Trainer** injects a 1 cc of Omnipaque for epidurogram confirmation → inject steroid.
- Bandaid. To wheelchair and home immediately.



TRANSFORAMINAL

Per Dr. Trainer:

- use spinal needle and bend distal end of it for easier steerability (so no need to pull needle back to readjust).
- start 8-10 cm off midline
- at **AP fluoro**, direct needle at the lateral edge of pars (towards the lower aspect of foramen); when hitting pars bone, switch to **lateral fluoro** - advance needle just below pars (i.e. to foramen level).
- inject steroid with local (patient may experience some muscle weakness served by that spinal nerve for several hours).