

SELECTIVE NERVE ROOT BLOCK



WHAT IS A SELECTIVE NERVE ROOT BLOCK?

When a nerve root becomes compressed and inflamed, it can produce back and/or leg pain. Occasionally, an imaging study (e.g. MRI) may not clearly show which nerve is causing the pain and an SNRB injection is performed to assist in isolating the source of pain. In addition to its diagnostic function, this type of injection for pain management can also be used as a treatment for a far lateral disc herniation (a disc that ruptures outside the spinal canal).

WHAT MEDICATIONS ARE USED?

In an SNRB, the nerve is approached at the level where it exits the foramen (the hole between the vertebral bodies). The injection is done both with a steroid (an anti-inflammatory medication) and lidocaine (a numbing agent). Fluoroscopy (live X-ray) is used to ensure the medication is delivered to the correct location. If the patient's pain goes away after the injection, it can be inferred that the back pain generator is the specific nerve root that has just been injected. Following the injection, the steroid also helps reduce inflammation around the nerve root.

WHO IS A CANDIDATE?

- Neck (Cervical) Pain
- Arm Pain
- Back (Lumbar) Pain
- Sciatica
- Spinal Stenosis
- Herniated Disc
- Degenerative Disc
- Spondylolisthesis

Call to book an appointment today ▶ ▶ ▶



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