

Logan Health Wellness & Pain Management

Treatments & Procedures

Botox - in-clinic procedure

Botox is injected around pain fibers that are involved in headaches and other chronic pain conditions. Botox enters the nerve endings around where it is injected and blocks the release of chemicals involved in pain transmission. This prevents the activation of pain networks in the brain.

Bursa Injection

Bursa injections can help diagnose the source of pain and provide relief by delivering local anesthetic and steroid medications into specific synovial fluid-filled fibrous sacs (bursa), which are adjacent to joints in the body. This procedure may reduce inflammation, resulting in long-term pain relief.

Celiac Plexus Blocks

A celiac plexus block is occasionally performed for abdominal pain and is especially effective for pancreatic pain. The celiac plexus is a bundle of nerves located in front of the diaphragm and behind the stomach near the celiac artery and the abdominal aorta. The celiac plexus provides part of the sensation to the liver, pancreas, gallbladder, stomach, spleen, kidneys, intestines, adrenal glands, and blood vessels. Blocking this region can relieve pain caused by one of these organs.

Caudal Epidural Steroid Injections

Caudal epidural steroid injections involve an injection of a steroid into the epidural space, where irritated nerves are located. The caudal injection is performed through the sacral opening near the tailbone and is used to treat low back pain and leg pain. This injection usually includes both a steroid and an anesthetic. The steroid reduces inflammation and irritation, while the anesthetic interrupts the pain cycle.

Cooled Radiofrequency Ablation Genicular Nerve and Sacral Nerves

A cooled radiofrequency ablation is intended to provide pain relief by blocking the pain signals that the nerve joints send to the brain. This procedure is completed after a lateral branch block has been effective with 50% relief for a few hours following the procedure. The areas used for this technique currently are knees and sacral L5 Dorsal Ramus-S3, but it can also be done in other areas if the Radiofrequency procedure was not effective.

Discogram

A discogram is an x-ray procedure that deliberately provokes the patient's pain symptoms in order to pinpoint its source in the intervertebral discs. The procedure is designed to identify the pain generator.

Epidural Steroid Injections

Epidural steroid injections provide diagnostic data and pain relief by delivering local anesthetic and steroid medications into the epidural space near the discs and nerve roots. This procedure may reduce inflammation, resulting in long-term pain relief, and can provide valuable information about the source of your pain.

Genitofemoral Nerve Block - **in-office procedure**

Genitofemoral nerve blocks are a minimally invasive, non-surgical treatment for chronic pain. These nerve blocks can help in the diagnosis of chronic pain, testicular, penile, and pelvic pain conditions. This pain management technique can also provide therapeutic relief by reducing pain signals originating from these nerves.

Ilioinguinal Nerve Block - **in-office procedure**

The Ilioinguinal nerve travels down from the lumbar spine, around the pelvis, and into the groin and pubic areas. This nerve can be damaged by surgery or scar tissue following hernia repair. An Ilioinguinal nerve block involves the injection of a local anesthetic and steroid into the Ilioinguinal nerve for the purpose of pain relief or diagnosis.

Intercostal Nerve Blocks

Intercostal nerve blocks temporarily block or disrupt painful nerve impulses associated with non-cardiac pain in the chest wall area. Patients who have pain in the rib area due to trauma either via rib fractures, repetitive overhead maneuvers, shingles-pain, coughing, or unknown reasons are candidates. Relief is often very rapid and patients may require a series of injections for long-term relief.

Intraarticular AC (Acromioclavicular Joint) shoulder - **in-office procedure**

The acromioclavicular joint of the shoulder is formed by the clavicle or collar bone and the acromion, a bony projection of the shoulder blade. The shoulder is supported by muscles, tendons, and ligaments. Intraarticular shoulder injections are used for diagnostic as well as therapeutic purposes. Steroids are a commonly injected medication to relieve pain and inflammation or improve lubrication in the joint.

Intrathecal Pump Trial and Implant

Before the screening trial, you will have a psychological evaluation to help determine if you are a candidate for target drug therapy. Your doctor may ask you to reduce or stop taking oral pain medications before the screening trial. Your doctor will decide which screening trial method will be performed. After the screening trial, you and your doctor will discuss your experience and decide if an implantable targeted drug delivery system is right for you.

Lateral Branch Block

The sacroiliac joints form the connection between your pelvic bones and your backbone. Sometimes these joints can become irritated and this can lead to pain. When this happens, the lateral sacral branch nerves transmit pain signals. Lateral sacral branch blocks are diagnostic injections. This means the procedure is performed to test whether these joints are causing your back pain. This is done by injecting a small amount of local anesthetic around the nerves to see if this relieves your pain for a short time, usually a few hours. See Cooled Radiofrequency Ablation.

Lateral Femoral Cutaneous - in-office procedure

The lateral femoral cutaneous nerve provides sensation to the outer and frontal side of the thigh just above the greater trochanter to the knee. The pain is made worse when sitting or squatting for long periods.

Lumbar Sympathetic Block

This procedure is performed to relieve leg pain caused by complex regional pain syndromes or sympathetically maintained pain, which may develop after injury. Usually, a series of injections are needed to treat the problem.

Lysis of Adhesions Epidural

This procedure involves passing a small epidural catheter into the epidural space and injecting medicine directly at the site of the nerve injury or adhesion to decrease the pain and break up scar tissue. Scar tissue may form after back surgery or a disc injury.

Medial Branch Block

Medial branch blocks are a minimally invasive non-surgical treatment of neck and back pain. The technique works by identifying the pain generator and reducing the inflammation that is causing your pain. An exciting aspect of this treatment is that if successful, a more long-term treatment known as radiofrequency Thermocoagulation of the medial branches can be employed. See Radiofrequency below for more information.

Occipital Nerve Block, Greater and Lesser - in-office procedure

This procedure involves inserting a small needle through the skin over the scalp in order to block the nerve causing pain in the back of the scalp. Depending on the location of the pain, either the greater or lesser occipital nerves may be blocked. If treatment is successful, radiofrequency ablation may be considered.

Piriformis injections

Piriformis injections treat buttock and leg pain by relieving irritation of the sciatic nerve as it passes near the muscle. This is the most frequent site of sciatic nerve entrapment. Sciatic nerve entrapment can lead to buttock pain and pain that radiates down the back of the leg to the foot. The injection consists of a mixture of a local anesthetic and a steroid.

Radiofrequency Thermocoagulation (Ablation)

Radiofrequency ablations damage nerves by using localized heat. When the radiofrequency lesion is placed over the painful nerve, pain signals are interrupted and pain perception by the brain is decreased. Before the nerves are heated, a numbing agent is injected to virtually eliminate the pain of the procedure. Pain relief from these radiofrequency Thermocoagulation procedures can last from 6 to 18 months.

Sacroiliac Joint Injection

A sacroiliac joint injection places a local anesthetic and steroid into the sacroiliac joint. This is the joint where your pelvis joins the spine. Once the sacroiliac joints become inflamed, they may cause pain in the low back, buttocks, abdomen, groin, or legs. The amount of relief experienced immediately after the injections will help confirm or deny the joint as a source of pain. The steroid will help to reduce inflammation that may exist within the joint(s).

Selective Nerve Root Blocks (SNRB)

A nerve block is an injection into the sheath surrounding a nerve root in the spine to decrease your pain temporarily and define its cause more precisely. The procedure uses steroids and a local anesthetic to decrease pain and inflammation. Pain relief from the procedure varies from minimal to long-term, depending on the specific symptoms.

Spermatic Cord Nerve Block - in-office procedure

A spermatic cord block can offer temporary relief to men who experience chronic pain in the testes. A spermatic cord block is used for patients who do not have an infection or tumor but continue to experience pain.

Spinal Cord Stimulator Trial and Implant

Spinal cord stimulation is used after nonsurgical pain treatment options have failed to provide sufficient relief. Spinal cord stimulators require two procedures to test and implant the device: the trial and the implantation. Spinal cord stimulation can improve the overall quality of life and sleep and reduce the need for pain medicines. It is typically used along with other pain management treatments, including medication, exercise, physical therapy, and relaxation methods. All insurance companies require psychological screening to ensure disorders like depression or anxiety aren't worsening your pain. An implantable pulse generator (IPG) is a battery-operated spinal cord stimulator. When the battery runs out, it will need to be replaced and this will be another surgery.

Stellate Ganglion Blocks

A stellate ganglion block is an injection of a local anesthetic around the stellate group of nerves in the neck under fluoroscope guidance to relieve pain. The pain relief will affect one side of the body and neck, the upper arms, and the upper part of the chest on the same side of the body. A stellate ganglion block may be performed to decrease pain and increase circulation and blood supply to the affected areas.

Superior Hypogastric Plexus Block

A superior hypogastric plexus block is a type of injection that is used to control pelvic pain. The superior hypogastric plexus contains the bladder, urethra, uterus, vagina, vulva, perineum, prostate, penis, testes, rectum, and descending colon. This block can potentially alleviate pain originating from those regions.

Synvisc One - in-office procedure

Synvisc One is an injection that supplements the fluid in your knee to help lubricate and cushion the joint and can provide up to 6 months of osteoarthritis knee pain relief. The injection contains a gel-like mixture made from a substance called hyaluronan that comes from the chicken combs. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and shock absorber in the joint and is needed for the joint to work properly.

Trigger Point Injections - in-office procedure

Trigger points are tight knots of muscle that form when muscles fail to relax. Trigger point injections are commonly performed to treat painful muscles.