

# **Nerve Root Sleeve Injection in Cervical or Lumbar Nerve Block for Pain Control**

*Information for patients*

## **Introduction**

- Diagnostic root blocks are used in neck or low back pain, which may be due to nerve root problem. The aim is to determine the contribution of root inflammation to pain, or to confirm the level of pathology.
- It is also a treatment in pain related nerve root problem.
- It is usually done by a team of Radiologist with special training in Interventional and Musculoskeletal Radiology.
- Procedure are done in the Department of Radiology under fluoroscopic or CT guidance.

## **Procedure**

- The site of needle entry is usually around the spine posteriorly.
- A small needle is inserted under imaging guidance using aseptic technique.
- Individual spinal nerve that produces the patient's characteristic pain is identified.
- Local anaesthesia is then delivered to the nerve causing the pain.
- This method is often used for surgical planning.
- Each procedure takes approximately 30-45 minutes.
- No special post procedural care is necessary
- Improvement of symptoms may take up to 8-12 weeks and repeated injection may be required.

## **Potential Complications:**

- Not common.
- Bleeding or haematoma (a blood clot).
- Infection.
- Vascular injury to arterial supply of the spinal cord (rare).
- The overall adverse reactions related to iodine-base non-ionic contrast medium is below 0.7%. The mortality due to reaction to non-ionic contrast medium is below 1 in 250000.

## **Disclaimer**

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