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Trigger Point Injection

Trigger point injections are injections into the muscles for treating focal muscle spasm and pain. They can result in a quick reduction of pain, and can last for a few weeks or sometimes months. We typically inject a long-acting steroid to decrease the inflammation, but are limited to three injections in any given area in a year. There are other medications that can be used such as Sarapin if the patient requires additional injections.

EPIDURAL STEROID INJECTION

Epidural steroid injection is the most frequently used steroid technique for lumbar pain. The procedure involves the use of fluoroscopy to guide the needle toward the appropriate epidural space for the injection of steroid with the goal of providing a degree of longer term pain control.

The **Indications** are acute or chronic lumbar radiculopathies, or pain radiating from the lower back down into the buttocks or further down into the legs. This may be caused by degenerative disc disease, spinal stenosis, spondylosis.

SACROILIAC JOINT INJECTION (27096)

The Sacroiliac (SI) Joint is useful in both the diagnosis and treatment of low back pain. An SI joint injection can establish the component of pain related to the SI joint. The procedure involves the use of fluoroscopy to guide the needle toward the appropriate SI joint for the injection of steroid with the goal of providing a degree of longer term pain control.

The **Indications** are acute or chronic inflammatory or degenerative SI joint pain. This may result in sitting intolerance, groin pain, or referred burning, tingling, or numbness to the buttock region or lower extremity.

∞ **FOR THE BCBS INSURED PATIENTS FOR PRIMARY INS:**

I AGREE TO PAY THE COST OF PROCEDURE 27096, DUE TO BCBS NOW CATEGORIZING THIS CODE AS EXPERIMENTAL AND NOT BILLABLE.

∞ **FOR THE BCBS INSURED PATIENTS FOR SECONDARY INS:**

I AGREE TO PAY THE 20% OF THIS PROCEDURE 27096, DUE TO BCBS NOW CATEGORIZING THIS CODE AS EXPERIMENTAL AND NOT BILLABLE.

_____ PT SIGNATURE

Facet Block

Facet block injections are frequently used steroid technique for lumbar pain due to degenerative disc disease or facet arthropathy. The procedure involves the use of fluoroscopy to guide the needle toward the appropriate facet joint for the injection of steroid with the goal of providing a degree of longer term pain control.

The **Indications** are arthritis involving the facet joints with increased pain, usually worse with extension of the back which may radiate down the legs.

CONTRAINDICATIONS to the above procedures include:

- Severe spinal stenosis
- Coagulopathy (platelet count <100,000)
- Infection
- Cauda equina syndrome
- Progressive weakness
- Pregnancy

RISKS

As with any treatment involving injections, there are some possible risks associated with steroid injections. The risks include, but are not limited to infection, bruising, injury to the nerves or other structures in the area of the treatment. Injections near the spine can sometimes enter the area of the spinal cord itself causing headache or leakage of the spinal fluid. The injections may result in prolonged pain. Finally, allergic reactions to the local anesthetic or the steroid itself are also possible. The use of fluoroscopy will help minimize these risks.

I have read the information above and understand the risks of Steroid Injections. I give permission for Dr Galang to use this treatment on me. I know that if I have any questions about the technique that I may ask them at any time and that if I have any problems after the treatment, I will call Dr Galang immediately.

Print Patient Name

Patient Signature

Date signed

Witness

Date

REHABILITATION MEDICINE AND PAIN MANAGEMENT SPECIALIST
Board Certified Physical Medicine and Rehabilitation