

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

Selected Nerve Root Injections (SNRI)

Relief from Pain that Radiates from the Spine

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Treatment Brochure

LEAVE PAIN
BEHIND.
GET BUSY
LIVING.

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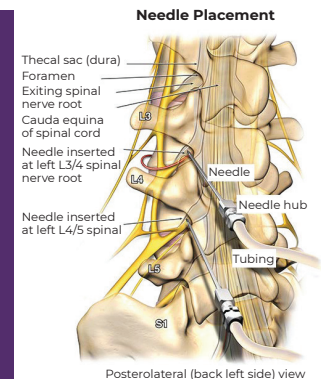
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It is important to seek treatment for pain that shoots from the spine to the neck, arm, lower back, buttocks or leg before damage is done to muscles in the affected region.

Selected nerve root injections (SNRI) deliver medication directly

into an inflamed nerve root that exits the spinal cord, stopping the pain from traveling along nerve branches and, in many cases, sufficiently managing your painful symptoms.

Our affiliated physicians have used nerve root injections to successfully treat thousands of patients, offering proven relief from chronic pain.



Selected Nerve Root Injections (SNRI)

Relief from Pain that Radiates from the Spine

What are nerve root injections?

Spinal nerve roots are positioned along the length of the spinal column. They are responsible for sending and receiving sensory (feeling) and motor (motion) signals throughout the body. Nerve roots extend off the spinal cord and branch out in a complicated infrastructure of nerves.

Unfortunately, the proximity of the spinal nerve roots to the spinal column makes them susceptible to irritation, pressure or pinching from a variety of spinal conditions such as spinal stenosis, facet syndrome, herniated disc, or sciatica, which is caused by pressure on the longest nerve running from the spine down both legs.

A damaged nerve root typically causes a shooting or radiating pain along that nerve as it travels away from the spine.

During a SNRI, a local skin anesthetic is applied to numb the injection site and a small needle is guided by fluoroscopy (x-ray) to the nerve root sleeve (a fatty substance that surrounds the nerve). A contrast dye is injected to confirm that the substance flows around the nerve root, and then the local anesthetic and corticosteroid anti-inflammatory medication are delivered.

A SNRI is used for diagnosis and treatment. It helps determine if the nerve is irritated by “numbing” the nerve root of concern to produce temporary pain relief—thereby confirming a particular nerve root as the source of pain or other symptoms such as tingling, numbness or muscle weakness.

When the correct nerve root receives the corticosteroid, this longer lasting medication soothes the irritated nerve root, promotes healing and relieves pain.

SNRIs may be administered to the cervical (neck),

thoracic (middle and upper back) or lumbar (lower back) regions of the spine.

How long does it take?

SNRIs are performed on an outpatient basis and typically require 20 minutes, followed by a brief observed recovery time.

How often should this procedure be done?

Up to three injections may be given within a six-month time frame. Usually, the injections are performed two to three weeks apart. A set of three injections is the norm; however, you may gain considerable relief after the first or second injection. In that instance, further injections may not be necessary.

What are the expected results?

SNRIs are a safe and effective treatment for pain that radiates from the spine. Immediately following the procedure, you should not drive for several hours because you may experience temporary numbness or weakness in an area such as an arm or leg. It's recommended that you take it easy the day of the procedure, but return to your usual activities the following day. Although you might have some soreness for one to two days, the benefit from these injections will typically occur a few days following the procedure.

Is there a longer lasting therapy?

In addition to SNRIs, a radiofrequency procedure may be recommended to offer prolonged relief that you may not otherwise achieve. Radiofrequency uses heat created by a special generator to desensitize specific nerves and interfere with their ability to transmit pain signals. A radiofrequency procedure typically provides relief for 6 to 12 months, and for some up to two years and beyond.

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Medical Services are provided by independently operated physician practices that are branded as National Spine & Pain Centers.