

## How Injections Relieve Back Pain

Injections deliver medication directly into the area of the spine causing the pain. Depending on the type of injection you receive and the cause of your pain, some injections can provide long lasting relief while others may provide only temporary pain relief. Reducing pain improves your tolerance for physical therapy and helps you get back to your normal daily activities.

## How Injections Help Diagnose Pain

Doctors can use injections to help identify which part of the spine is causing pain. If you feel temporary relief after receiving an injection, this helps the doctor pinpoint the source of your pain. Doctors may include your medical history, physical exam, imaging studies and injections when recommending treatment options.



PAIN MANAGEMENT CENTER  
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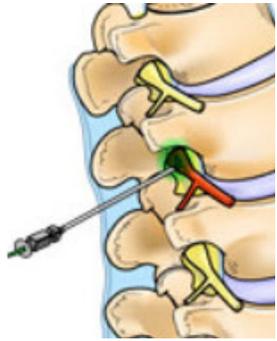
## Injections for Back Pain Relief

Injections are a nonsurgical treatment option for back pain. Doctors use injections to provide pain relief and as a diagnostic tool to help identify the source of pain.



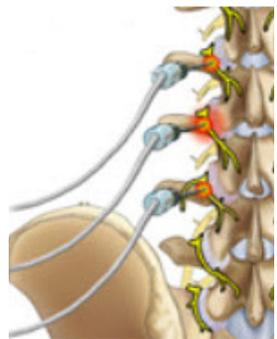
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## Epidural Steroid Injections



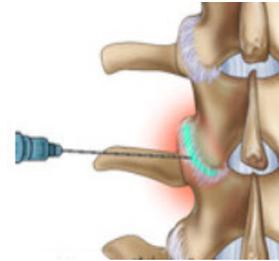
Epidural steroid injections can be an effective treatment for nerve root pain. Pinched or irritated nerves that exit the spine can cause shooting pain, burning, tingling, numbness, and muscle weakness. This is often caused by a bulging disc, herniated disc (slipped disc), trauma or aging of the spine. Epidural injections can help by placing a steroid medication around the irritated nerves to reduce inflammation. Pain relief usually begins within a few days and may last up to a few months or years.

## Radiofrequency Ablation



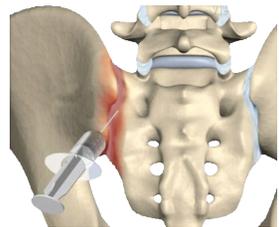
Radiofrequency ablation is an effective treatment for people who have experienced pain relief from other back pain injection procedures. It uses a heated needle to burn and disable the nerve responsible for pain. Although the nerve usually grows back, this can take several months to a year.

## Facet Joint Injections



Facet joint injections can diagnose and treat back pain. At each segment along the spine, tiny facet joints provide stability and allow for movement. Aging, poor posture, injury and strain can damage these joints, causing back pain that may radiate into your head, arms or legs. Facet injections can help by placing medication into the joint to reduce inflammation and numb the irritated nerve. Immediate pain relief is a sign that the facet joint is the source of your pain. Pain relief may last several weeks or months.

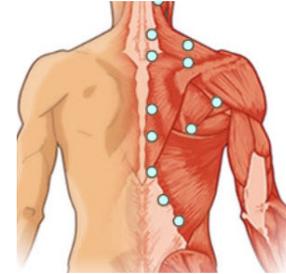
## Sacroiliac Joint Injections



Sacroiliac joint injections can be an effective treatment for low back pain. The sacroiliac joints are located between your hip and tailbone. Trauma and pregnancy can damage the sacroiliac joint, causing pain in the hip and lower back. You may also feel pain, numbness and tingling in the front of your thigh and down your leg. Sacroiliac injections can help by placing medication into the sacroiliac joint. Immediate pain

relief is a sign that the sacroiliac joint is the source of your pain. Sacroiliac joint injections can help heal the joint long-term.

## Trigger Point Injections



Trigger point injections treat painful areas of muscle that contain trigger points or knots that form when muscles do not relax. You can

often feel these knots under the skin. Injury, strain and spine problems can cause trigger points. Trigger point injections can help by inserting medicine into the trigger point to relax the muscle. You may receive injections into several sites during the same procedure. Trigger point injections can help provide long-term pain relief.



Reducing pain can improve your tolerance for physical therapy and help you get back to your normal daily activities.