



# Selective Nerve Root Block

This procedure is performed to relieve low back and radiating leg pain. The steroid medication can reduce the swelling and inflammation caused by spinal conditions, such as spinal stenosis, radiculopathy, sciatica and herniated discs. This injection will assist the physician in determining the exact nerve(s) that are causing the pain. In some cases it may be necessary to repeat the procedure. However, many patients get significant relief from only one or two injections.

## STEP 1

All the tissue down to the surface of the vertebral transverse process is anesthetized.

## STEP 2

The physician then slides a thin needle with a slightly bent point through the anesthetized track.

## STEP 3

Using the fluoroscope to see, the physician guides the needle carefully into the foraminal space near the nerve root.

## STEP 4

A contrast solution is injected so the physician can use the fluoroscope to locate and confirm the correct location of the needle tip.

## STEP 5

A steroid-anesthetic mix is injected into the foraminal epidural space, bathing the painful nerve root with soothing medication.

## STEP 6

The needle is removed, and a small band-aid will be used to cover the tiny needle surface wound.

