Private Practice
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Lumbar Radiofrequency Ablation (RFA)

What Is It?

Lumbar Radiofrequency Ablation (RFA) is a minimally invasive procedure used to reduce chronic low back pain caused by arthritis or irritated facet joints. The procedure uses heat generated by radio waves to target specific nerves that carry pain signals from the spine. By disrupting these nerves, pain signals are reduced or stopped. **Lumbar RFA is recommended for patients who have had successful pain relief from diagnostic nerve blocks and continue to have chronic low back pain that does not respond well to conservative treatments.**

How Is It Done?

- You will lie comfortably on a procedure table.
- The doctor uses X-ray guidance to place a small needle near the targeted nerves.
- A local anesthetic is used to numb the area.
- Radiofrequency energy is then applied through the needle to heat and disable the nerves.
- The procedure usually takes 30–60 minutes and is done as an outpatient.

Benefits

- Pain relief that can last from 6 months up to 2 years (varies by patient).
- Improved ability to perform daily activities.
- May reduce the need for pain medications.
- Quick recovery time compared to surgery.

What To Expect After The Procedure

- Some patients experience immediate relief, while others may notice improvement over several weeks.
- You may have mild discomfort for a few days, which usually improves with rest, ice, and over-the-counter pain medicine.
- Normal activities are usually resumed within 24–72 hours.

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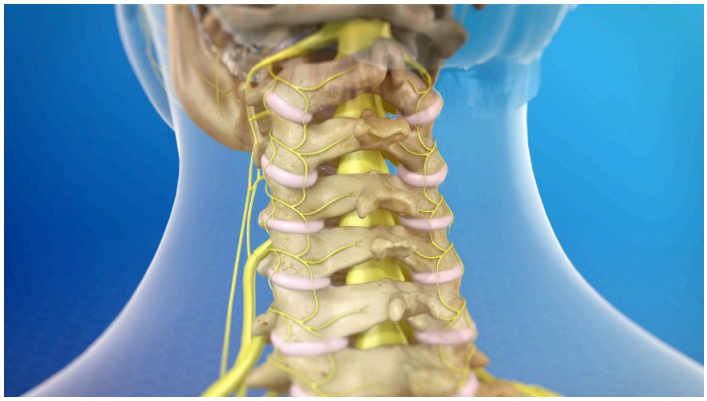
Cervical Radiofrequency Ablation (RFA)

What Is It?

Cervical Radiofrequency Ablation (RFA) is a minimally invasive procedure designed to reduce chronic neck pain caused by arthritis or irritation of the facet joints. These joints can become painful when the small nerves around them are irritated. RFA uses radiofrequency (heat energy) to target and "quiet" these nerves, reducing their ability to send pain signals. **Cervical RFA may be appropriate if you have experienced good but temporary relief from diagnostic nerve blocks and continue to have chronic neck pain that has not improved with conservative treatments.**



Benefits

- Pain relief lasting 6 months to 2 years (varies by patient).
- Improved ability to do daily activities.
- Decreased need for pain medications.
- Quick recovery compared to surgery.

How Is It Done?

- You will lie on a procedure table.
- The doctor uses X-ray guidance to position a small needle near the targeted nerves.
- Local anesthetic is used to numb the skin.
- Radiofrequency energy is delivered through the needle to gently heat and disable the pain-carrying nerves.
- The procedure takes about 30–60 minutes and is usually done as an outpatient.

What To Expect After The Procedure

- Some patients experience immediate relief, while others may notice improvement over several weeks.
- You may have mild discomfort for a few days, which usually improves with rest, ice, and over-the-counter pain medicine.
- Normal activities are usually resumed within 24–72 hours.

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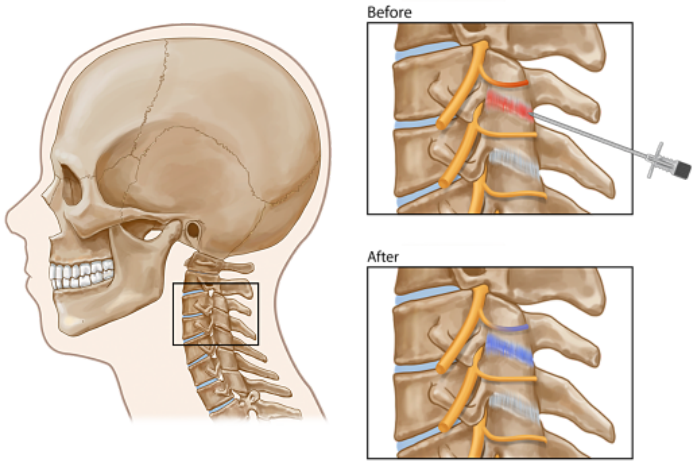
Cervical Facet Joint Injection

What Is It?

A cervical facet joint injection is a minimally invasive procedure used to diagnose and treat chronic neck pain. The facet joints are small joints located between the vertebrae in your neck that help with movement and stability. When these joints become inflamed or arthritic, they can cause neck pain, stiffness, or headaches. The injection delivers a local anesthetic (numbing medicine) and often a small amount of steroid medication directly into the affected joint to reduce inflammation and relieve pain. **A cervical facet joint injection may be recommended if you have persistent neck pain suspected to come from the facet joints and other conservative treatments (like medications or physical therapy) have not provided enough relief**.



Benefits

- Can provide pain relief ranging from several weeks to a few months.
- Reduces inflammation and irritation in the facet joints.
- May help improve movement and function in the neck.
- Serves as a diagnostic tool to confirm whether the facet joints are the source of pain.

How Is It Done?

-You will lie on a procedure table.
- The skin over your neck is cleaned and numbed with local anesthetic.
- Using X-ray guidance, the doctor places a small needle into the facet joint.
- A mixture of numbing medicine and steroid is injected.
- The procedure usually takes about 15–30 minutes and is done as an outpatient.

What To Expect After The Procedure

- Mild discomfort at the injection site for a day or two is common.
- Pain relief may begin within a few days but can take up to a week.
- Some patients experience significant improvement, while others may only get short-term relief.
- Normal activities can usually be resumed the next day.

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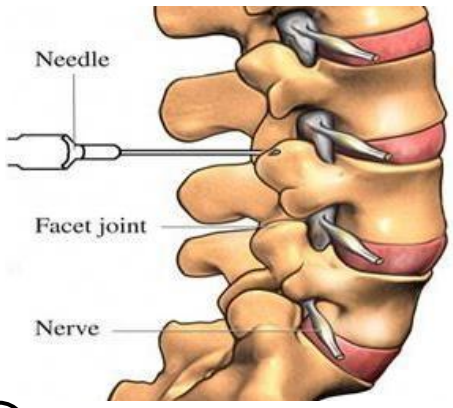
Lumbar Facet Nerve Block

What Is It?

A lumbar facet nerve block is a minimally invasive procedure used to help diagnose and treat chronic low back pain. The facet joints are small joints in the spine that help with movement and stability. When irritated or arthritic, these joints can cause back pain. A nerve block involves injecting local anesthetic (numbing medicine) — sometimes with a small amount of steroid — near the tiny nerves that supply the facet joints to see if they are the source of your pain. **Your provider may recommend a lumbar facet nerve block if you have ongoing low back pain suspected to be from the facet joints and other treatments (like physical therapy or medications) have not given enough relief.**



Benefits

- Helps confirm whether your facet joints are the source of your back pain (diagnostic benefit).
- May provide temporary pain relief.
- Can guide next steps in treatment, such as radiofrequency ablation (RFA) if the block is successful.
- Quick recovery with minimal downtime.

How Is It Done?

- You will lie on a procedure table.
- The skin over your neck is cleaned and numbed with local anesthetic.
- Using X-ray guidance, the doctor places a small needle into the facet joint.
- A mixture of numbing medicine and steroid is injected.
- The procedure usually takes about 15–30 minutes and is done as an outpatient.

What To Expect After The Procedure

- Relief may occur within minutes to hours if the targeted nerves are the source of your pain.
- The degree and duration of pain relief vary from patient to patient.
- Mild soreness can last for a day or two.
- You may be asked to record your level of pain relief after the injection to help determine next treatment steps.
- Most patients return to normal activities within 24 hours.

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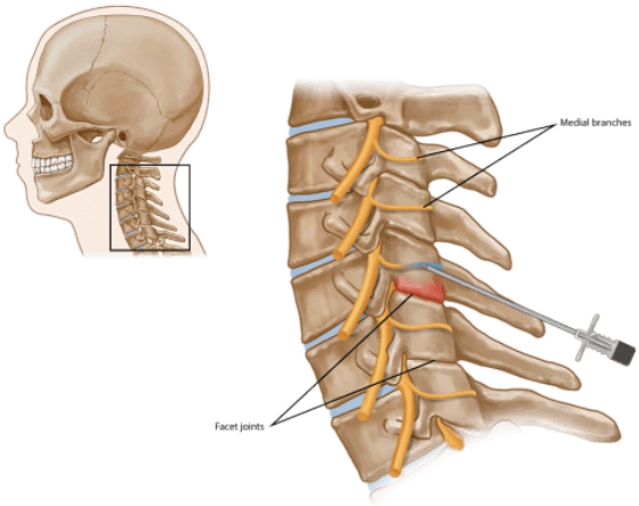
Cervical Transforaminal Epidural Steroid Injection

What Is It?

A cervical transforaminal steroid injection (TFESI) is a minimally invasive procedure used to relieve pain in the neck, shoulder, and arm that is often caused by a pinched or irritated nerve in the cervical spine (neck). Conditions such as herniated discs, spinal stenosis, or arthritis can irritate these nerves, leading to pain, numbness, or tingling.

The injection delivers a mixture of steroid (to reduce inflammation) and local anesthetic (to numb the area temporarily) directly around the affected nerve through the foramen — the small opening where the nerve exits the spine. **A cervical TFESI may be recommended if you have nerve-related neck and arm pain that has not improved with medications, rest, or physical therapy. It may also help determine if the irritated nerve is the main source of your pain.**



How Is It Done?

- You will lie on a procedure table.
- The skin is cleaned and numbed with local anesthetic.
- Using X-ray guidance (fluoroscopy), the doctor carefully places a thin needle into the opening where the irritated nerve exits the spine.
- Contrast dye may be used to confirm proper placement.
- Steroid and anesthetic are injected.
- The procedure usually takes 20–30 minutes and is done as an outpatient.

Benefits

- Reduces pain, numbness, tingling, or weakness in the neck, shoulder, and arm.
- May provide relief lasting from weeks to several months.
- Improves ability to do daily activities.
- May help delay or avoid surgery.

What To Expect After The Procedure

- Some patients feel immediate relief; for others, it may take a few days for the steroid to work.
- Relief may last weeks to months, depending on your condition.
- You may be asked to track your pain levels after the injection to guide further treatment.
- Most patients return to light activities the same or next day.

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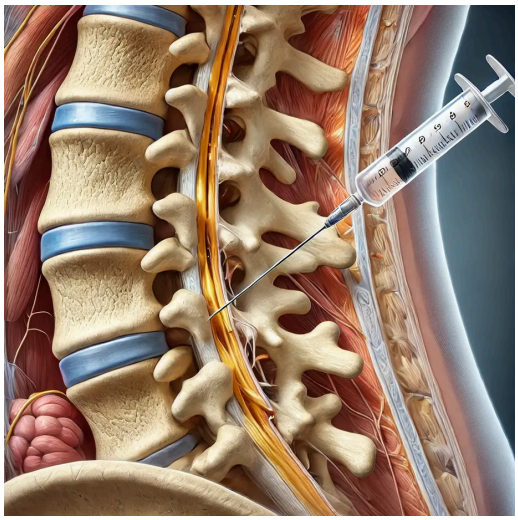
Lumbar Transforaminal Epidural Steroid Injection

What Is It?

A lumbar transforaminal steroid injection (TFESI) is a minimally invasive procedure used to relieve lower back, hip, or leg pain caused by irritation or inflammation of spinal nerves. Conditions such as a herniated disc, spinal stenosis, or arthritis can put pressure on these nerves, leading to pain, numbness, tingling, or weakness. The injection delivers a mixture of steroid (to reduce inflammation) and local anesthetic (to numb the nerve temporarily) directly around the affected nerve root through the foramen — the natural opening where the nerve exits the spine. **A lumbar TFESI may be recommended if you have sciatica or nerve-related leg pain that has not improved with medications, physical therapy, or other conservative treatments. It can also help determine whether the affected nerve is the main source of your pain.**



How Is It Done?

-You will lie on a procedure table, usually face down.
- The skin over your lower back is cleaned and numbed with local anesthetic.
- Using X-ray guidance (fluoroscopy), the doctor carefully places a thin needle into the foramen next to the irritated nerve.
- A small amount of contrast dye may be used to confirm proper placement.
- The steroid and anesthetic are then injected.
- The procedure usually takes 20–30 minutes and is performed as an outpatient.

Benefits

- Reduces pain, numbness, tingling, or weakness in the lower back, buttocks, or legs.
- May provide pain relief lasting from weeks to several months.
- Improves mobility and ability to do daily activities.
- May help delay or avoid surgery.

What To Expect After The Procedure

- Some patients feel immediate relief; others may notice improvement after several days as the steroid begins to work.
- Relief may last from several weeks to months, depending on your condition.
- You may be asked to track your pain levels after the injection to help guide future treatment.
- Most patients return to normal light activities within 24 hours.

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Sacroiliac (SI) Joint Injection

What Is It?

A sacroiliac (SI) joint injection is a minimally invasive procedure used to diagnose and treat pain coming from the sacroiliac joints. These joints connect the bottom of the spine (sacrum) to the pelvis (ilium) and can become painful due to arthritis, injury, or stress.
The injection delivers local anesthetic (numbing medicine) and sometimes steroid medication (to reduce inflammation) directly into the joint. **A sacroiliac joint injection may be recommended if you have persistent lower back, hip, or buttock pain suspected to come from the SI joint and other treatments (such as medications, rest, or physical therapy) have not given enough relief.**

How Is It Done?

- You will lie on a procedure table.
- The skin over your lower back and pelvis will be cleaned and numbed with local anesthetic.
- Using X-ray guidance (fluoroscopy), the doctor carefully places a thin needle into the SI joint.
- A small amount of contrast dye may be used to confirm the needle is in the correct place.
- The medication (numbing medicine and possibly steroid) is injected.
- The procedure usually takes 15–30 minutes and is done as an outpatient.

Benefits

- Helps confirm whether the SI joint is the source of pain (diagnostic benefit).
- May provide pain relief lasting from weeks to months.
- Reduces inflammation in the joint.
- Improves ability to sit, stand, and walk more comfortably.
- Can guide future treatment options.

What To Expect After The Procedure

- You may feel immediate pain relief from the numbing medicine, which may wear off after a few hours.
- Steroid medication may take several days to reduce inflammation and provide longer-lasting relief.
- Most patients resume normal activities within 24 hours.
- You may be asked to track your pain relief to help determine if the SI joint is the main source of pain.

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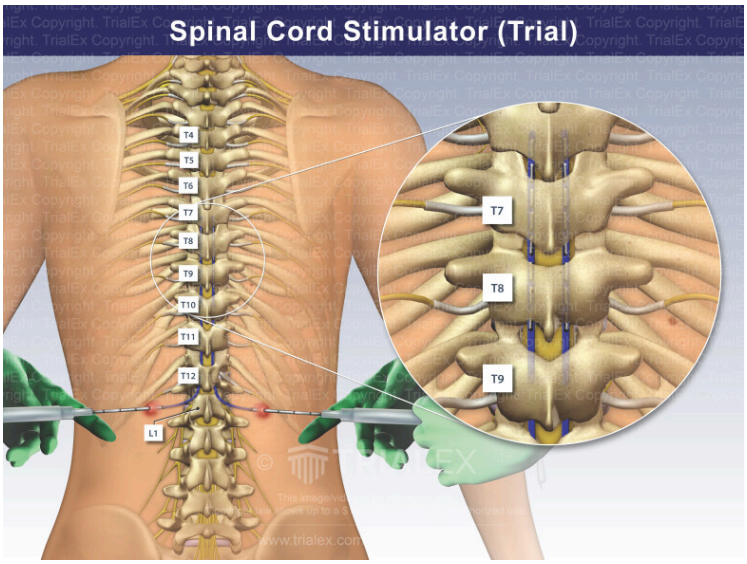
Spinal Cord Stimulator Trial

What Is It?

A spinal cord stimulator (SCS) trial is a short-term test to see if spinal cord stimulation can help reduce your chronic pain. An SCS system uses thin wires (leads) placed near the spinal cord to deliver small electrical impulses. These impulses change how pain signals are sent to the brain, often replacing pain with a mild tingling sensation (called paresthesia) or reducing the pain without any tingling.
The trial allows you and your doctor to determine if this treatment improves your pain and quality of life before deciding on permanent implantation. **An SCS trial may be recommended if you have chronic pain that has not improved with medications, injections, or surgery and your pain significantly affects your daily life.**



How Is It Done?

- The procedure is done in an outpatient setting.
- You will lie on a procedure table, and the skin over your back will be cleaned and numbed.
- Using X-ray guidance, the doctor places thin leads (wires) into the space near your spinal cord.
- These leads are connected to an external stimulator that you wear on a belt.
- You will try the stimulator for about 5–7 days at home.

Benefits

- Provides a way to test the therapy before permanent implantation.
- Can reduce chronic back, leg, or arm pain.
- May decrease the need for pain medications.
- Helps improve daily activity and quality of life.

What To Expect After The Procedure

- You may feel mild discomfort at the insertion site.
- You will be given instructions on how to use and adjust the stimulator during the trial.
- Your doctor will ask you to keep a record of your pain relief and activity level.
- At the end of the trial, the leads are removed in the office. If the trial is successful, you may be scheduled for a permanent spinal cord stimulator implant.

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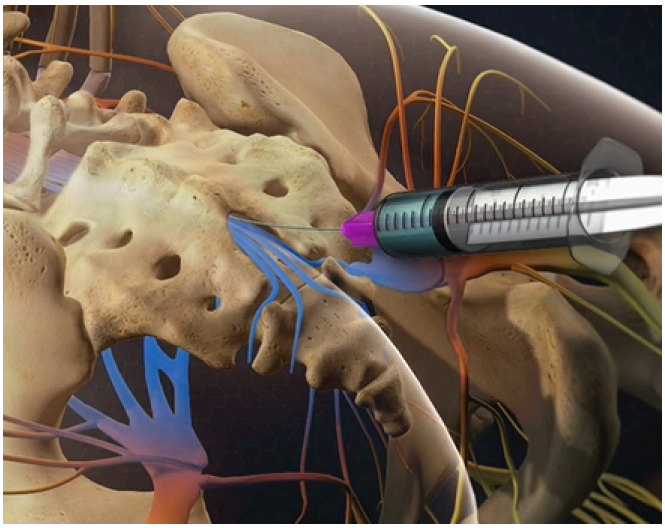
Caudal Epidural Steroid Injection

What Is It?

A caudal epidural steroid injection is a minimally invasive procedure used to relieve low back and leg pain caused by irritation or inflammation of spinal nerves. Conditions such as a herniated disc, spinal stenosis, sciatica, or arthritis can compress or inflame the nerves, leading to pain, numbness, tingling, or weakness.
This injection delivers steroid medication (to reduce inflammation) and local anesthetic (to provide short-term pain relief) into the epidural space at the bottom of the spine through the sacral opening (caudal canal). **A caudal epidural steroid injection may be recommended if you have chronic lower back or leg pain that has not improved with medications, rest, or physical therapy.**



Benefits

- Reduces inflammation and irritation of spinal nerves.
- May provide relief from pain in the lower back, buttocks, or legs (sciatica).
- Can improve mobility and ability to perform daily activities.
- Relief may last from weeks to several months.
- May reduce the need for surgery or stronger pain medications.

How Is It Done?

- You will lie on a procedure table, usually face down.
- The skin over your lower back near the tailbone will be cleaned and numbed with local anesthetic.
- Using X-ray guidance (fluoroscopy), the doctor places a thin needle into the caudal epidural space.
- A small amount of contrast dye may be used to confirm the correct location.
- Steroid and anesthetic are injected into the epidural space to bathe the irritated nerves.
- The procedure typically takes 15–30 minutes and is done as an outpatient.

What To Expect After The Procedure

- Some patients feel immediate relief from the numbing medicine; longer-lasting relief occurs as the steroid begins to work (may take several days).
- Relief may last weeks to months, depending on your condition.
- You may be asked to track your pain relief and activity level after the injection.
- Most patients return to light activities within 24 hours.