

# Epidural Steroid Injection

If you are living with chronic, unmanageable back or neck pain, epidural steroid injections can provide rapid relief. These injections use corticosteroid anti-inflammatory medication to alleviate both pain and inflammation originating from the affected area.

Our physicians are experts in diagnosing and treating spinal conditions. At Vitruvian Health, we offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



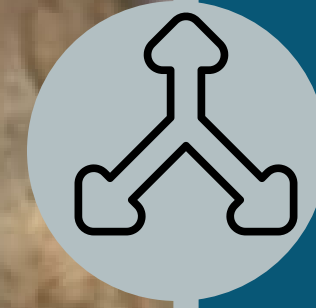
**Pain Relief:** Epidural steroid injections effectively reduce inflammation and alleviate pain in the back and neck.



**Minimally Invasive:** This outpatient procedure involves injecting corticosteroids directly into the epidural space of the spine.



**Quick Procedure:** The injection typically takes about 15-30 minutes, with patients often experiencing relief within a few days.



**Multiple Conditions:** Useful for treating a variety of conditions such as herniated discs, spinal stenosis, and sciatica.



**Temporary Relief:** While not a permanent solution, these injections can provide significant pain relief for weeks to months, allowing for improved mobility and participation in physical therapy.



## Epidural Steroid Injection Overview

### Definition:

An epidural steroid injection (ESI) is a minimally invasive procedure designed to alleviate pain and inflammation in the back or neck by delivering corticosteroid medication directly into the epidural space of the spine.

### Procedure:

- Positioning the patient to access the epidural space.
- Using fluoroscopic (x-ray) guidance to precisely insert a needle into the epidural space.
- Injecting a combination of corticosteroid and anesthetic medication to reduce inflammation and alleviate pain. The entire procedure typically takes about 5-10 minutes and is conducted on an outpatient basis.

### Frequency:

Epidural steroid injections can be administered up to three times per year, spaced several months apart. The exact frequency depends on the patient's response to the treatment and the underlying condition being treated.

### Expected Results:

Patients often experience pain relief within a few days of the injection. The effects can last from several weeks to several months, providing significant reduction in pain and improved mobility. This relief can facilitate participation in physical therapy and other rehabilitative exercises.

### Follow-Up:

Patients usually have a follow-up appointment to assess the effectiveness of the injection and to discuss any further treatment if necessary. Most patients can return to their normal activities the day after the procedure, but they should avoid strenuous activities for a short period as advised by their physician.

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