

# Facet Joint Injection

If you are living with chronic, unmanageable back or neck pain, facet joint injections can help diagnose the issue and provide rapid relief. These injections use a corticosteroid anti-inflammatory medication to alleviate both pain and inflammation originating from the affected joint.

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



## Facet Joint Injection Overview



**Dual Function:** Diagnoses the pain source and provides pain relief.



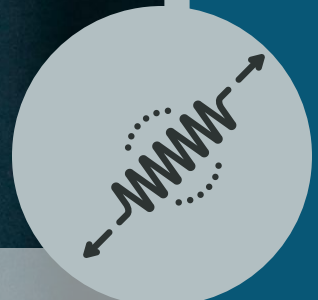
**Precision:** Uses x-ray guidance for accurate medication delivery.



**Immediate Results:** Confirms the facet joint as the pain source quickly.



**Quick and Easy:** Outpatient procedure takes only 5 - 10 minutes with minimal recovery time.



**Extended Relief:** Can lead to radiofrequency neurotomy for long-term relief, lasting up to two years..

**Definition:** Facet joints are small joints between each vertebra that provide both stability and flexibility to the spine. A facet joint injection serves both diagnostic and therapeutic purposes.

**Purpose:** This procedure is used to confirm and treat the source of back pain, which may stem from:

**Facet Syndrome:** Inflammation or irritation of the facet joints.

**Arthritis:** Degradation of the cartilage lining, leading to bone stress, inflammation, and joint enlargement.

### Procedure:

- A local anesthetic is applied to the skin.
- A small spinal needle is carefully inserted into the facet joint.
- Medication, consisting of a numbing agent and a corticosteroid, is injected under fluoroscopic (x-ray) guidance to ensure precision.
- This combination alleviates pain and inflammation, thereby confirming the facet joint as the pain generator.

### Frequency:

- Facet joint injections are generally limited to three procedures within a six-month period.
- Often, only one or two injections are necessary to achieve significant relief.

### Expected Results:

- This procedure has been safely administered for many years with highly positive outcomes.
- Patients may experience minor soreness for 1-2 days post-procedure.
- Normal activities can usually be resumed the day after the injection.
- Pain relief generally begins on the second or third day following the procedure.

**Extended Relief Option:** For prolonged pain relief, radiofrequency neurotomy may be recommended. This procedure uses heat to desensitize specific nerves, interrupting pain signals. Successful neurotomy can provide relief for 6 to 12 months, and in some cases, up to two years or more.

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