

## Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit [NationalSpine.com](http://NationalSpine.com) or ask your affiliated physician.

# Facet Joint Injections

## Quick Relief for Facet Syndrome and Arthritis

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## Treatment Brochure

LEAVE PAIN  
BEHIND.  
**GET BUSY  
LIVING.**

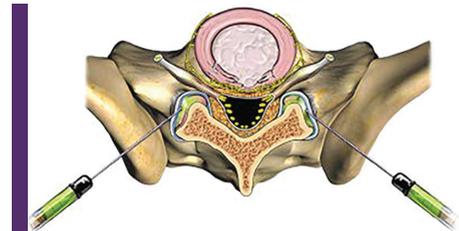
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If you are living with chronic, unmanageable pain from back or neck pain, facet joint injections can help diagnose the problem and provide quick relief.

Facet joint injections use a corticosteroid anti-inflammatory medication to relieve both pain and inflammation coming from the involved joint.

Experts in diagnosing and treating damaged facet joints and arthritis, our affiliated physicians can provide an individualized treatment plan to help you get back to the activities you enjoy.



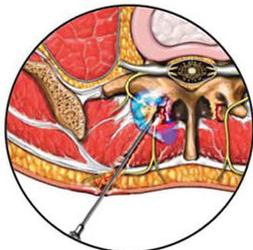
# Facet Joint Injections

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## What is a facet joint injection?

Facet joints are the small joints located between each vertebra that provide the spine with both stability and flexibility.



A facet joint injection is used as a diagnostic and therapeutic tool. Initially, it can confirm the source of your pain, which may be:

- facet syndrome, inflamed or irritated facet joint(s), or
- arthritis, which occurs when the cartilage lining the joint surface shrinks and wears thin, causing stress on the bone (bone spurs), inflammation, and enlargement of the joint.

After a local anesthetic is applied to the skin, a small spinal needle is inserted into the facet joint, and medication is injected using fluoroscopic (x-ray) guidance.

Facet joint injections combine a numbing medicine and a corticosteroid anti-inflammatory medication. This mixture relieves both pain and inflammation coming from the involved joint. A successful result supports the diagnosis that the facet joint is indeed the “pain generator” and the cause of your back pain.

## How long does it take?

A facet joint injection is performed on an

outpatient basis and typically requires 20 to 30 minutes, including preparation time. It is followed by 30 minutes of observed recovery time.

## How often can these procedures be done?

Facet joint injections are generally limited to three within a six-month time frame. In many instances, only one or two injections are required to obtain benefit.

## What are the expected results?

Facet joint injections have been performed safely for many years with very positive outcomes. In the hours following the procedure, you may have soreness for one to two days. It's recommended that you take it easy the day of the procedure, but return to your usual activities the following day. The pain relief benefits from facet joint injections typically begin on the second to third day.

## Is there a longer lasting therapy?

In addition to facet joint injections, radiofrequency neurotomy may be recommended to offer prolonged relief that you may not otherwise achieve. Radiofrequency neurotomy uses heat to desensitize specific nerves and interfere with their ability to transmit pain signals. Successful neurotomy typically provides relief for 6 to 12 months, and for some up to two years and beyond.

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