



SPINE INJECTIONS

WHAT IS IN THE INJECTIONS?

Spine injections help with temporary relief of symptoms (**treatment**) and confirming or excluding sites of your pain (**diagnosis**). The injections typically contain two parts:

Local Anaesthetic.

Local anaesthetic numbs the nerves for a short time (sometimes only **a couple of hours**). Even if you only get an effect from the local anaesthetic, it is still useful information to tell your surgeon.

Steroid.

Dexamethasone is a steroid anti-inflammatory. It can take **1-3 weeks** after the injection for the steroid to start having an effect. On average, 60% of people get around 60% relief for approximately 6 months (but please note that the range of effect is quite broad).

WHAT DO INJECTIONS TARGET?

Facets Joints: The small knuckle joints at the back of spinal column. Facet arthritis can cause:

- Neck and shoulder pain, stiffness, and headaches.
- Back and buttock pain, stiffness, and sometimes pain down the back of your thighs.

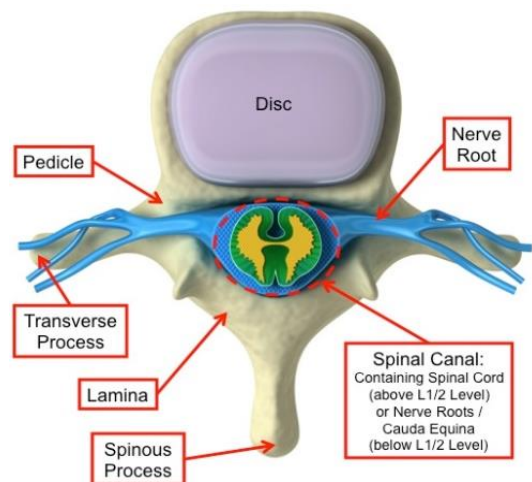
Nerve Roots: As nerves exit the spinal canal, they can be squashed, irritated, or inflamed, causing:

- Pain in your arms or legs.
- Pins and needles, or numbness.
- Weakness and muscle wasting.

Epidural Space: Targets the space around your central nerve column in the spinal canal. If the nerves in your spinal canal are squashed or irritated, they can cause:

- Pain in your back, buttocks, and legs.
- Fatigue, heaviness, and weakness in your legs when walking.

Sacroiliac Joint (SIJ): This is where your pelvis meets your tailbone (sacrum). Problems with your SIJs can cause pain in your buttocks, which may sometimes travel to your leg.



YOUR PAIN DIARY

It is important to keep a **pain diary** to keep track of how your symptoms improve, and by how much. This will provide useful information to your surgeon at your next clinic visit.

Place an X on the line below, which best describes your **maximum pain** for each time-point below

THE WEEK BEFORE YOUR INJECTION	
Neck / Back	
Left Arm / Leg	
Right Arm / Leg	
1-2 HOURS AFTER INJECTION	
Neck / Back	
Left Arm / Leg	
Right Arm / Leg	
3 WEEKS AFTER INJECTION	
Neck / Back	
Left Arm / Leg	
Right Arm / Leg	
THE WEEK BEFORE YOUR REVIEW CLINIC VISIT	
Neck / Back	
Left Arm / Leg	
Right Arm / Leg	