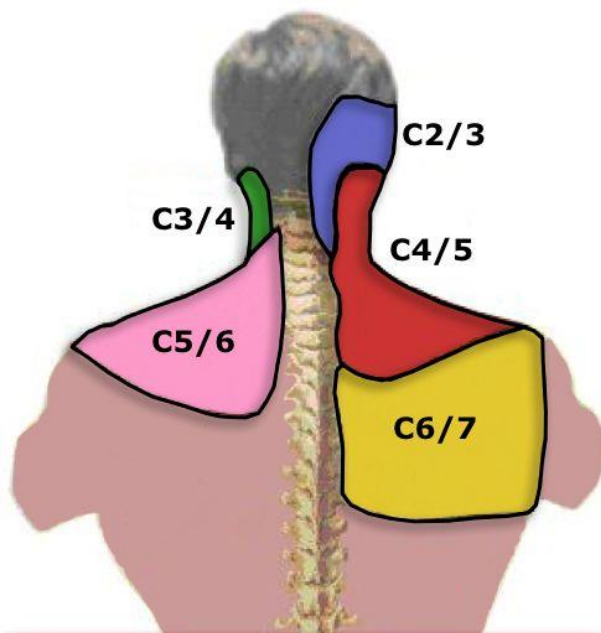


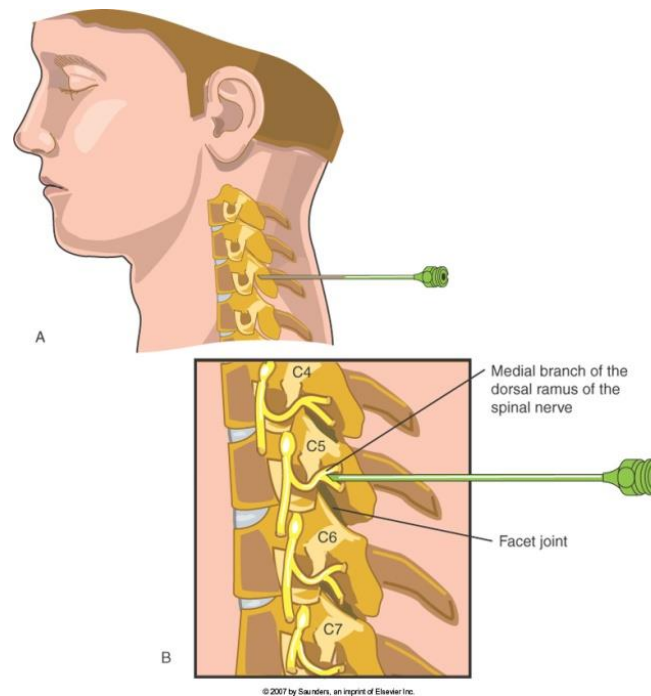
Pain from the cervical facet joints accounts for 40-60% of neck pain. Pain from these joints commonly radiates to the neck and shoulder areas. Headache can also occur from involvement of the joints in the upper cervical spine. Pain is usually in the back of the head or temples in such cases. Arthritis can arise as a normal part of aging or trauma including whiplash type injuries.

Diagnosis and treatment for this syndrome can be accomplished by injecting the specific joint or blocking the nerve that supplies the joint with numbing medicine. This is conducted under an x-ray machine with a very small needle. Temporary relief confirms the diagnosis.

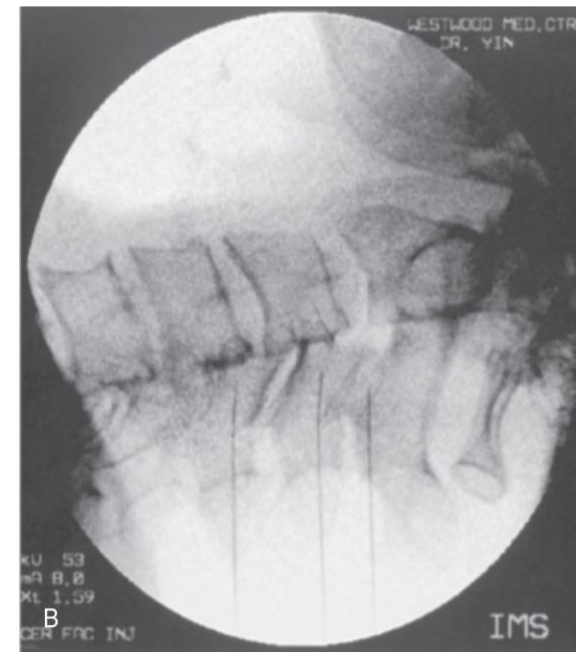
Usually substantial relief can be obtained from injection therapy. However, if sustained relief is not possible, longer relief can often be obtained with radiofrequency of the nerves that transmit pain to the joints. This involves placement of a special needle with a tip that heats up enough to disable the nerve from carrying pain signals. Usually a range of 6-18 months of benefit can be obtained.



**Cervical Facet Joint  
- Pain Referral Patterns -**



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[From Waldman SD: Interventional Pain Management, 2nd ed. Philadelphia, WB Saunders, 2011, p 271.]

## Pre Procedure Instructions:

If you are taking blood thinners your pain physician may ask they be discontinued prior to injection. **Never stop these medications without permission from the physician prescribing them.**

Acenocoumarol	3 days
Aggrenox	7 days
Aggrastat	24 hours
Arixtra	4 days
Aspirin	7 days
Brilinta	7 days
Edoxaparin	2 days
Effient	7 days
Eliquis	3 days
Heparin	8 hours
Integrilin	24 hours
Lovenox	12 hours
Pentoxil	2 days
Plavix	7 days
Pletal	7 days
Pradaxa	6 days
ReoPro	3 days
Ticlid	14 days
Warfarin / Coumadin	5 days
Xarelto	3 days

Please call office if blood thinner is not listed

Ginger, Kava Kava, Clove, Willow Bark, Ginseng, Garlic, Gingko, Fish Oil, Vitamin A & E

If you are anxious about your procedure sedation can be provided. If you choose this option you must meet the following criteria.

- Come to your appointment with responsible adult driver.
- Fast for at least 6 hours prior to the procedure. Morning medications can be taken with a sip of water.
- Sedation is only available at certain locations and at certain times, please ask for details.

### Physicians Pain Services

4800 Mexico Rd.  
Ste. 101  
St. Peters, MO 63376  
(P) 636-442-5035  
(F) 636-442-5036

### SSM Pain Care Fenton

1055 Bowles Ave  
Ste. 202  
Fenton, MO 63026  
(P) 636-326-7821  
(F) 636-326-7897

### SSM Pain Care Wentzville

1601 Wentzville Parkway  
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Wentzville, MO 63385  
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## CERVICAL FACET PAIN



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