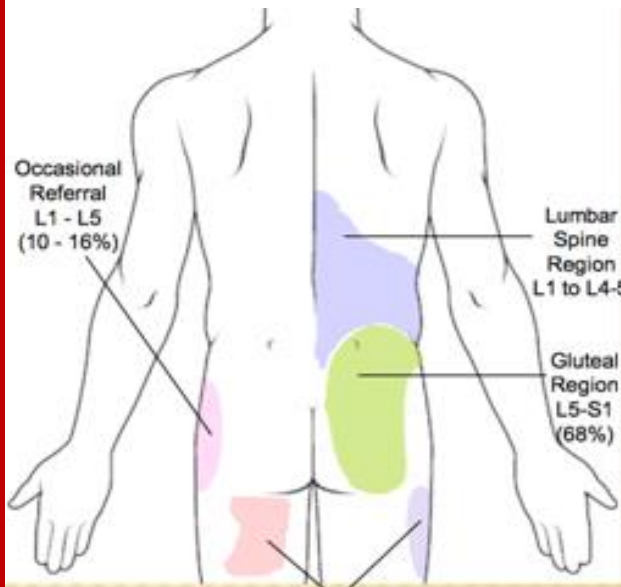
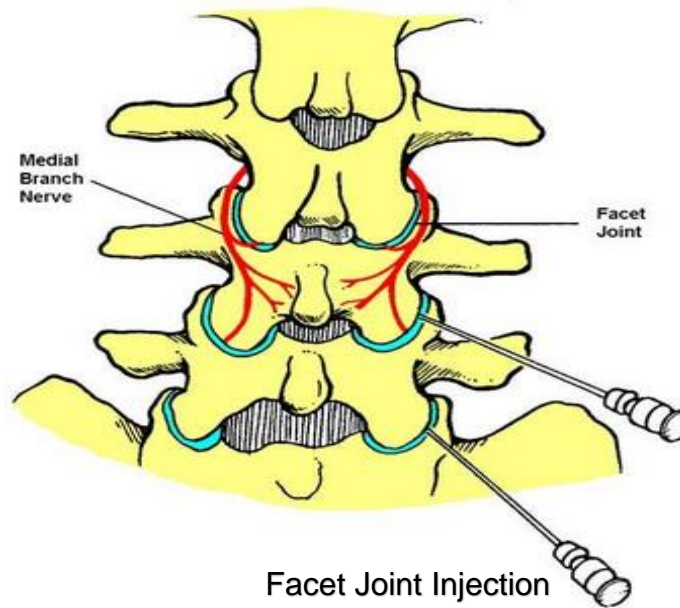


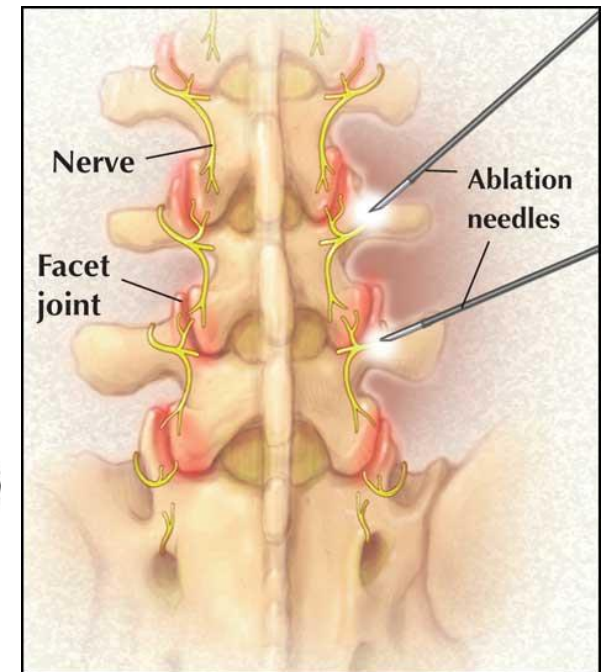
.Arthritis of the spine is an inevitable part of aging. Low back arthritis (facet arthritis) accounts for 15-40% of low back pain. The pain is often worsened by twisting the back, stretching and bending. Facet joints are designed to allow movement between each vertebrae. Pain from the facet joints is primarily noticed in the low back. However, significant symptoms in one or both legs can be seen as in the picture below.



Treatment of Lumbar Facet Pain can involve anti-inflammatory medication, physical therapy or injection of numbing medication and/or cortisone. These injections can be placed into the joint itself or around the nerves that carry pain from the joint. The choice of injection can depend upon your physician preference. Often good relief is obtained with these initial injections.



If long term relief cannot be obtained with injections alone, radiofrequency treatment may be considered. This treatment consists of temporarily disabling the nerves that carry pain from the joint with arthritis in it. This procedure involves the placement of a small needle with a special tip under x-ray guidance.



Applying radiofrequency energy to the facet joint nerve involves placing an insulated wire near the nerve tissue.

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
Ste. 109
Wentzville, MO 63385
(P) 636-332-8902
(F) 636-332-8904

Website:

www.propainphysicians.com

LUMBAR FACET PAIN



**Dr. Michael Boedefeld, M.D.,
DABAPM**

Fellowship Trained

**Dr. Chad Shelton, M.D.,
DABAPM**

Fellowship Trained