

Facet Joint Injections: The facet joints are small joints on the back side of the spine. If the joints become painful due to arthritis, injury or mechanical stress, they can cause pain in various areas such as the lower back, hips, buttocks, or legs. A facet joint injection serves several purposes. First, by placing numbing medicine into the joint, the amount of immediate pain relief a patient experiences will help confirm or eliminate the joint as a source of pain. Furthermore, time-release cortisone will be injected into these joints to reduce any presumed inflammation, which may provide long-term pain relief.

Monovisc®: Monovisc is a single injection viscosupplement utilized to treat the joint pain caused by osteoarthritis. It is comprised of highly purified, partially cross-linked sodium hyaluronate in a phosphate buffered saline solution and it provides pain relief that lasts up to six months. Monovisc is the only non-animal sourced hyaluronic acid single injection treatment approved for use in the United States. At InHealth Imaging, we use image guidance in Monovisc treatments.

Trigger Point Injection (TPI): A trigger point injection is an outpatient procedure designed to reduce or relieve pain caused by trigger points. These small knots can form in muscles or in the fascia tissue.

* Please note that Image-Guided Pain Injections are offered in our Poulsbo office.

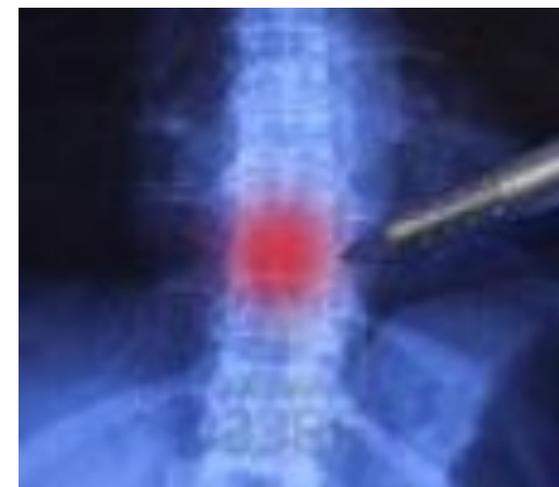
Ask your physician if you might be a good candidate for any of these types of injections. Our pain experts at InHealth Imaging recommend that you drink plenty of fluids after a pain injection and keep the injection site clean and dry for at least 24 hours. The site may be sore so patients can use either ice-packs or heat -packs to help with any pain and take a non-steroidal anti-inflammatory agent. If you choose to have your pain injection at InHealth Imaging our team of experts will provide you with specific after care information.

If you would like additional information about Image-Guided Pain Injections please contact the experts at InHealth Imaging by calling 360/598-3141.



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What is an Image-Guided Pain Injection?

An image-guided pain injection is used in the attempt to partially or completely relieve pain and swelling in a joint.

Pain Injection of Joints

Cortisone shots or pain injections may help relieve pain and inflammation in a specific area of a person's body. Cortisone shots are most commonly given in joints such as the sacroiliac (SI joint), shoulder, hip, knee, ankle, elbow and wrist, as well as the small joints in the hands and feet. Joint injections are commonly referred to as cortisone shots; however, they can contain a variation of different medicines depending on a person's condition. Cortisone shots typically consist of a mixture of local anesthetic (like lidocaine or bupivacaine) and the steroid medication Methylprednisolone or Kenalog.



Manfred Henne, MS, MD, PHD, discusses a knee pain injection with a patient.

Why Do I Need an Image-Guided Injection?

Your primary care physician will determine if you will benefit from pain injections and provide a referral for treatment. Our team of pain relief specialists offer image-guided steroid injections for better treatment of pain and accuracy (to assure correct placement of the injection needle in the small joint space). Depending on the joint and the medical problem, our pain specialists have the option of using fluoroscopy, CT or ultrasound for needle guidance, an option only available at centers who specialize in pain management. InHealth Imaging offers steroid injections of the cervical, thoracic and lumbar spine, lumbar facet joint injections plus nerve blocks, sacroiliac joint and all extremity joints, Mono-visc in the knee and trigger point injections. In most cases, these injections provide a reduction in inflammation and alleviation of pain and discomfort.

InHealth Imaging offers all our pain injections at our main office in Poulsbo. Because we are able to offer these procedures at our office, the patient realizes considerable cost savings compared to having the procedure done in a hospital or outpatient surgical center. There is only one fee and no separate consultation, facility or anesthesia charge.

Types of InHealth Imaging Pain Injections

Epidural Steroid Injection of Cervical, Thoracic and Lumbar Spine: Epidural steroid injections contain corticosteroids which mimic the effects of the hormones cortisone and hydrocortisone which your body produces naturally in the adrenal gland. Corticosteroids reduce inflammation around the irritated nerves. This can help relieve pain, though often only temporarily and as a result the injections may need to be repeated.

An image-guided epidural steroid injection can be highly effective because it delivers the medication directly into the epidural space in the spine that contains the inflamed nerves. An epidural steroid injection usually takes between 15 and 30 minutes. The patient lies flat on an x-ray table on their stomach. Prior to the epidural injection, the skin is numbed with a local anesthetic.

