

## CERVICAL TRANSFORAMINAL EPIDURAL STEROID INJECTION

### Overview

This injection procedure is performed to relieve neck, shoulder and arm pain related to compression of a nerve root in the cervical spine. The steroid medication can reduce the swelling and inflammation caused by spinal conditions such as spinal stenosis and herniated discs.

### Vertebra and Nerve Root Located

#### Located

The physician uses a fluoroscope to locate the appropriate cervical vertebra and nerve root. A local anesthetic is applied to numb the skin.

### Tissue Anesthetized

All the tissue down to the surface of the vertebral transverse process is anesthetized.

### Needle Inserted

The physician slides a thin needle with a slightly curved tip through the anesthetized track.

### Foraminal Space Accessed

With the aid of the fluoroscope, the physician carefully guides the needle into the foraminal space near the nerve root.

### Contrast Dye Injected

The physician injects a contrast solution and uses the fluoroscope to confirm the correct position of the needle tip.

### Steroids Injected

A steroid-anesthetics mix is injected into the foraminal epidural space, bathing the painful nerve root with soothing medication.

### End of Procedure

The needle is removed, and a small bandage is applied. In most cases, the patient will be able to return home the same day.

