

## PSOAS / QUADRATUS LUMBORUM INJECTIONS

### **Why are psoas/quadratus lumborum injections helpful?**

Pain in a distinctive vertical pattern along the lumbar spine, pain radiating downward to the sacroiliac, sacrum and medial buttock, and pain referred to the groin and upper inner thigh may indicate problems with the iliopsoas musculature. The psoas/quadratus lumborum injection may be helpful in relaxing this specific musculature which provides pain relief and or ability to increase function or participate more effectively in therapy.

### **What happens during the procedure?**

The injection is performed utilizing Fluoroscopy (Xray) to visualize the injection site. The patient is asked to lie on their abdomen on the x-ray table. The skin on the buttock is cleansed using a sterile solution called Betadine. Next, the physician injects a small area of skin with numbing medicine. This medicine stings for several seconds. After the numbing medicine has been given time to be effective, the physician directs a small needle, using x-ray. A small amount of contrast (dye) is injected to insure proper needle position. A numbing medicine (local anesthetic) is injected and an anti-inflammatory (cortisone/steroid) may be injected.

### **What happens after the procedure?**

Patients are then moved to the recovery area where they are monitored for 20 minutes and dismissed. Patients are then asked to report the relief they experience during the next week by calling the clinic. It may be 72 hours or longer before the full effect of the cortisone is apparent. A follow-up appointment will be made.

### **General Pre/Post Instructions.**

Patients may eat a light meal before the procedure. If a patient is an insulin dependent diabetic, they should take their insulin and eat. Patients may take their routine medications. (e.g. high blood pressure and oral diabetic medications). If you are on **Coumadin (Warfarin), Plavix (Clopidogrel), Lovenox, Pletal (Cilostazol), Effient (Prasugrel), Teclid ( Ticlopidine), or Pradaxa (Dabigatran)**, notify the office so that special instructions may be given. If you are allergic to iodine, contrast, or medical dye, please inform the office. Patients can expect to be at the facility approximately 1 1/2 hours. A driver must accompany the patient and be responsible for getting them home. No driving is allowed the day of the procedure. Patients may return to their normal activities the day after the procedure, including returning to work unless instructed otherwise by the physician.

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