

## SUPRASCAPULAR NERVE BLOCK

### **What is a Suprascapular Nerve Block and why is an injection helpful?**

This is an injection into the posterior shoulder region (suprascapular notch), which can be used to diagnose and evaluate shoulder pain, to treat pain, or to predict what a patient might experience if destruction of the suprascapular nerve is being considered. Suprascapular nerve blocks may be very useful when partnered with occupational therapy to increase flexibility and/or range of motion. Together these injections with therapy may decrease overall pain and improve function and use of the effected arm.

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

The patient is asked to lie on their abdomen on the x-ray table. The skin on the shoulder area 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 second needle, using fluoroscopy (x-ray) guidance into the suprascapular notch. A small amount of contrast (dye) is injected to insure proper needle position. The physician then injects local anesthetic. Sometimes an anti-inflammatory (cortisone/steroid) is injected along with the numbing medicine. The patient may experience numbness, tingling, prickling, and increased sensation in the effected arm as the needle is placed and medication injected.

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

The patient is observed for at least 10 minutes in the recovery area for response to the injection. Blood Pressure and pulse will be checked.

The patient may be scheduled for a post injection re-evaluation by the occupational therapist.

If the patient has a positive response to the injection there may be several treatment options:

- 1) A series of injections might be scheduled in relation to a therapy schedule.
- 2) A repeated injection with a stronger local anesthetic may be indicated.

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.

Tel: (513) 322-7300  
Fax: (513) 322-7307

10550 Montgomery Rd.,  
Suite 34  
Cincinnati OH. 45242