



THE TECHNIQUE

Hydrodissection is an injection technique that frees trapped nerves and fascia.

Using ultrasound guidance, 5% glucose, or platelet-rich plasma, is carefully injected around the nerve. The fluid creates a space between it and the surrounding tissue, releasing the nerve, allowing it to freely slide and glide. The solution also stimulates regeneration of the injured nerve.

The procedure is usually very well tolerated. You may feel a brief exacerbation of your symptoms during the treatment as the nerve is released. You may note immediate improvement in your symptoms.

As with any injection treatment there is a risk of bruising, infection and nerve injury.



TREATMENT SCHEDULE

Depending on the severity of the entrapment and your symptoms, you will require between 1 and 4 treatments performed every 1-3 weeks.

A cumulative effect occurs, with ongoing improvement after every treatment.



NERVE BLOCKS

A nerve block is an injection of local anaesthetic near a nerve to temporarily relieve pain in the field of that nerve.

Short and/or long-acting anaesthetic can be used. The procedure is usually done under ultrasound guidance.

The technique can be used

- as a treatment to manage chronic pain
- to numb an area before a procedure
- to help diagnose if a nerve irritation is causing your pain



WHAT CONDITIONS CAN BE TREATED?

- Knee pain from osteoarthritis or following knee replacement surgery
- Greater occipital neuralgia headache
- Shoulder pain eg frozen shoulder
- Heel pain eg plantar fasciitis

SMART  HEALTH



Suite 4, Level 2, Archer Building
 72 O'Connell Street
 North Adelaide SA 5006
 (08) 8293 1100

www.smarthealthtraining.com.au

Injections & procedures

Nerve Pain Therapies

Specialised injection procedures to help relieve nerve pain.

- Dextrose Caudal Epidural
- Nerve & Fascia Hydrodissection
- Nerve Blocks

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DEXTROSE CAUDAL EPIDURAL

A dextrose caudal epidural is an injection that can help relieve symptoms of buttock and leg pain due to irritation or compression of the nerves of the low back.

Symptoms of nerve irritation can include radiating or shooting pain, burning, numbness, tingling or pins and needles in the leg. In some cases, weakness of the leg muscles may occur.

This injection can help reduce pain and improve mobility and function, allowing you to perform your daily activities and exercises.



WHAT CONDITIONS CAN BE TREATED?

- **Lumbar radiculopathy** - irritated or compressed nerves in the low back due to bulging disc, synovitis and osteoarthritic changes in the lumbar spine and facet joints.
- **Spinal canal stenosis** - narrowing of the central canal of your spine where your spinal cord and nerves lie. Narrowing can be the result of bony spurs, inflamed facet joints, thickened ligaments and/or disc protrusions.



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The nerve roots are surrounded by a layer of tissue called the dura. The space surrounding the dura is called the **epidural space**.

The sacral hiatus is a small opening in your sacrum (bone at the base of your spine) and a safe place to perform the injection.

For the procedure, you will lie face down. After the skin is cleaned with antiseptic, a solution of 5% glucose and local anaesthetic (total volume of 10-20mls) is injected into the epidural space via the sacral hiatus, using ultrasound guidance.

This is usually well tolerated. Aside from the initial sting of the needle you may have a feeling of fullness/pressure in your low back, or heaviness or brief symptoms in the legs. You will stay lying down for a few minutes after the injection.

The procedure is usually repeated 3-4 times, approximately every 1-2 weeks. Patients report a gradual improvement in their pain over time.

After the treatment you can resume normal activities, including driving. Please take care to not overdo things in the days after treatment.



WHAT ARE THE SIDE EFFECTS OF TREATMENT?

Side effects are minimised by using careful injection techniques and ultrasound guidance, however minor side effects can still occur.

The most common side effect is injection site discomfort. Local bruising may occur. After treatment, a decrease in blood pressure may make you feel light-headed for a short-period of time.

You may have unusual sensations in the affected leg for a few hours or mild low back pain. Infection, headache, bleeding, injury to nerves and surrounding tissues are extremely rare.

Please advise your doctor if you are taking blood thinners or are unwell. The procedure may need to be delayed if you are sick or have a local skin infection at the site of injection.



NERVE & FASCIA HYDRODISSECTION

Nerve entrapments occur when a nerve is compressed, trapped or rubbed between other structures at a point along its path.

Trapped nerves can cause a number of symptoms, including:

- Numbness or reduced sensation in the area supplied by the nerve
- Tingling or pins and needles
- Sharp or burning pain
- Muscle weakness

This can be due to:

- Friction from overlying muscle, ligament, fascia or connective tissue
- Repetitive activities that cause irritation and swelling of the nerve and surrounding tissues
- Swelling/inflammation of surrounding tissues pressing on the nerve
- Injury from surgery, trauma
- Compression from cast or splints



WHAT CONDITIONS CAN BE TREATED?

- Carpal tunnel syndrome
- Ulnar neuropathy at the elbow causing pins and needles in the little finger
- Foot drop due to compression of common fibular nerve eg from moon boot
- Low back pain due to tight thoracolumbar fascia & superior cluneal nerve entrapment