

Cervical Epidural Steroid Injection

This injection is administered to relieve pain in the neck, shoulders, and arms caused by pinched nerve(s) in the cervical spine. Conditions such as herniated discs, spinal stenosis, or radiculopathy can compress nerves, causing inflammation and pain. The medication injected helps decrease swelling of the affected nerve(s). Some patients may need only one injection, but it usually takes two or three injections, given two weeks apart, to provide significant pain relief.

STEP 1

This procedure is performed with the patient lying down. Intravenous sedation may be given, and an area of neck skin and tissues is numbed with a local anesthetic delivered through a small needle.

STEP 2

Using x-ray guidance (fluoroscopy), the physician guides a larger needle to the painful area of the neck. The needle is inserted into the epidural space, the region through which spinal nerves travel.

STEP 3

Contrast dye is injected into the space to make sure the needle is properly positioned near the area of the irritated nerve(s).

STEP 4

A combination of an anesthetic and cortisone steroid solution is injected into the epidural space. The steroid is an anti-inflammatory medication that is absorbed by the inflamed nerves to decrease swelling and relieve pressure.

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