



FACET INJECTIONS

The Facet Joints are small joints where the vertebral bodies (the back bones) meet. They can cause pain by acute or chronic inflammation. The pain can be relieved by injecting local anesthetic and cortisone (steroid) into the joint. Alternatively, pain can be relieved by numbing the joint. This is done by injecting local anesthetic (numbing medicine) onto the joint nerve. This DOES NOT affect the main nerves that control the leg. You will be able to feel and use your legs as before the procedure. The main thing that you should notice is less pain, especially when exercising.

You must have a driver to take you home, and someone to stay with you for 12 hours following the procedure.

It is critical to realize that this procedure MUST be combined with exercise to strengthen the muscles around the spine. These joints cannot be “fixed”; therefore the muscles have to be strengthened to “help out” the joints. It is important to begin to strengthen the muscles as soon as possible.