

LUMBAR AND CERVICAL ABLATION

What is lumbar and cervical ablation?

Throughout your spine, there are many joints that allow the spine to twist and flex. These “facet” joints are covered in a cartilage that helps them glide smoothly as you move. Over time, this cartilage can become damaged, enlarged, or wear thin, causing arthritis, pain, and swelling of the joints. Cervical and lumbar ablation uses radiofrequency energy to disrupt the nerves to the painful joints to significantly reduce neck or back pain.

Who is it for?

If oral medication or simple injections haven't provided long term relief, you may be a strong candidate for a lumbar or cervical ablation.

Ablations are an effective way to target chronic pain from a variety of sources:

- ◆ Spinal arthritis
- ◆ Whiplash (continued)



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Who is it for? (continued):

- ◆ Neck and back pain
- ◆ Persistent pain after spine surgery

What to expect:

Once a structure has been determined to be a pain generator, typically via a nerve block, its nerve supply is targeted for interruption. During the procedure, a small needle or cannula is positioned next to these nerves via fluoroscopic (x-ray) guidance. When it appears to be in the accurate position, the doctor will inject an anesthetic to numb the area. Then, the radiofrequency generator is used to heat the needle or cannula tip for up to 90 seconds, destroying the target nerve.

Ask Your Synergy Team

If you have questions regarding this treatment option.

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