

EPIDURALS

What is an epidural?

An epidural delivers steroids to the epidural space, the pathway for spinal nerves that runs along the length of your back, to treat pain caused by inflamed or “pinched” nerves. Once the steroid has been injected into the epidural space, the inflamed nerves absorb the steroid, alleviating inflammation. An epidural serves to reduce pain for increased function and ability to complete your rehabilitation program and facilitate healing.

What to expect:

During an epidural, the doctor will numb the skin and tissues above the injection site with a local anesthetic. The doctor will then insert a small needle to the epidural space using x-ray guidance and inject an anti-inflammatory steroid solution.



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What does an epidural treat?

Epidural injections can be done at almost all levels of the spine, including cervical and lumbar, to target your specific area of pain. An epidural provides relief from inflamed or pinched nerves in the neck, mid or lower back causing pain into the arms, chest or legs as a result of:

- ◆ Herniated discs
- ◆ Spinal stenosis
- ◆ Radiculopathy
- ◆ Sciatica

Ask Your Synergy Team

If you have questions regarding this or any other treatment option, just ask! Synergy brings together the best from multiple disciplines to provide a variety of treatment options. You have a team of specialists, focusing on your unique condition, and working together to develop the best possible solution.

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