

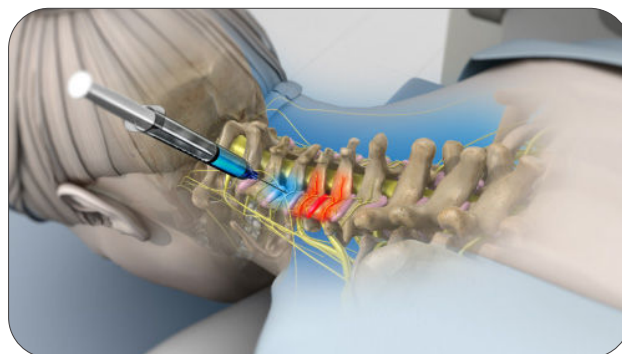
Medial Branch Blocks



WHAT ARE MEDIAL BRANCH BLOCKS?

Medial branch blocks are injections that target small nerves called medial branches, which carry pain signals from the spine's facet joints. Depending on the location, pain may be felt in the neck, upper back, lower back, or head.

By numbing these nerves, the block can reduce pain and inflammation. It also helps confirm whether these joints are the source of your pain.



HOW DOES IT WORK?

Medial branch nerves transmit pain signals from the spine to the brain. During the procedure, a small needle is guided to the nerve using fluoroscopy (a live X-ray). A local anesthetic—sometimes combined with a steroid—is injected to block pain signals. This may reduce inflammation, ease muscle spasms, and improve movement. If your pain improves, it confirms the targeted joint is contributing to your discomfort.

WHO IS A GOOD CANDIDATE FOR MEDIAL BRANCH BLOCKS?

You may benefit from medial branch blocks if you have:

- **Chronic neck or back pain linked to facet joint arthritis**
- **Suspected joint-related spine pain that hasn't improved with conservative treatments**
- **Pain confirmed or suspected to come from small joint nerves in the spine**

Medial branch blocks are often combined with physical therapy and other treatments for the best long-term results.

WHAT TO EXPECT?

- 1 A pain specialist will evaluate you to determine if medical branch blocks are right for you. If insurance prior authorization is required, it will be obtained before the procedure.
- 2 Before the procedure, you may change into a gown for easier access to the injection site. A local anesthetic will numb the skin.
- 3 The procedure takes just a few minutes. X-ray guidance ensures accurate needle placement before medication is injected. You might feel pressure or brief discomfort. Temporary numbness or pain relief in the neck, back, or head is a sign that the injection reached the right spot.
- 4 After the injection, you'll be monitored briefly before going home. Most people return to normal activities the same day. Pain relief can be immediate or develop over the next few days.

Some patients get long-lasting relief from one injection, while others may need repeat blocks or additional therapies for ongoing pain management. If the pain returns after a brief period—even a day—you may be a candidate for radiofrequency ablation (RFA), a longer-term treatment that disrupts pain signals from the same nerves.

INSURANCE AND BILLING

Medial branch blocks are typically covered by insurance when medically necessary. Our team will help coordinate insurance verification and prior authorizations.

IMPROVE YOUR QUALITY OF LIFE

Medial branch blocks offer safe, targeted relief from joint-related spine pain while helping identify the right long-term solution to restore your mobility.

