

## ILIO-LUMBAR LIGAMENT INJECTION UNDER FLUOROSCOPY

**PROCEDURE:**   A   iliolumbar ligament injection under fluoroscopic guidance

**REASON FOR PROCEDURE:**   B   iliolumbar syndrome

**PHYSICIAN:**

**MEDICATIONS INJECTED:** 1 mL of Kenalog (40 mg) and 3 mL of 1% lidocaine. 1 ml at each site.

**LOCAL ANESTHETIC INJECTED:** None

**SEDATION MEDICATIONS:** None

**ESTIMATED BLOOD LOSS:** None

**COMPLICATIONS:** None

**TECHNIQUE:** Time-out was taken to identify the correct patient, procedure and side prior to starting the procedure. With the patient lying in the prone position, the patient was prepped and draped in the usual sterile fashion using DuraPrep and a fenestrated drape. A 25-gauge, 3.5-inch Quincke needle was introduced under intermittent fluoroscopy until the tip reached the   C   medial iliac crest. 1/4th of the above injectate was then injected at this site. The needle was then moved to three other sites along the attachment of the iliolumbar ligament and the remainder of the injectate was deposited at these other three sites.

The procedure was completed without complications and was tolerated well. The patient was monitored after the procedure. The patient was given post-procedure and discharge instructions to follow at home. The patient was discharged in stable condition. A follow-up plan was made.

**Pre-procedure pain score:** 9/10

**Post-procedure pain score:** 0/10

**Notes:** Talk about relief since last injection, or any interim events if you haven't seen them in clinic since the last injection, or improved function examples. Maybe mention a particular positioning change for that patient or that they were

especially sensitive to the lidocaine sticks. Add anything that will help you on your next injections.