

PIRIFORMIS INJECTION

PROCEDURE: A piriformis muscle/tendon injection under fluoroscopic guidance

REASON FOR PROCEDURE: B piriformis myofascial pain near the insertion site

PHYSICIAN:

MEDICATIONS INJECTED: 1 mL of Depo-Medrol (40mg) and 3 mL of 1% lidocaine

LOCAL ANESTHETIC INJECTED: 5 ml of 1% lidocaine

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. The area lateral to the target site was determined under fluoroscopic guidance. Local anesthetic was given by raising a skin wheal and going down to the hub of a 27-gauge 1.25-inch needle. A 22-gauge, 3.5-inch Quincke needle was introduced under intermittent fluoroscopy until the tip reached the inferior sacroiliac joint. The needle was then redirected 1 cm lateral, inferior and deeper to reach the piriformis muscle. Omnipaque 240 was then injected to confirm intramuscular placement. The above injectate was then given.

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.