

Sacroiliac Lateral Branch Nerve Block Overview

Sacroiliac lateral branch nerve block refers to the sensory nerves that carry pain signals from the sacroiliac joints to the brain. We typically do this procedure when sacroiliac joint injections no longer provide adequate pain relief for you.

Each block (a total of 4 blocks) is an injection of local anesthetic around the sensory nerves that is temporarily blocking the pain signals. The Nerve Branch Block is a temporary diagnostic test that is used to find a particular joint that is causing the pain. It is usually performed prior to a Radiofrequency Ablation to verify that the patient is a candidate for the procedure. The patient will need to have a 50% relief of pain or higher to continue on with the RFA.

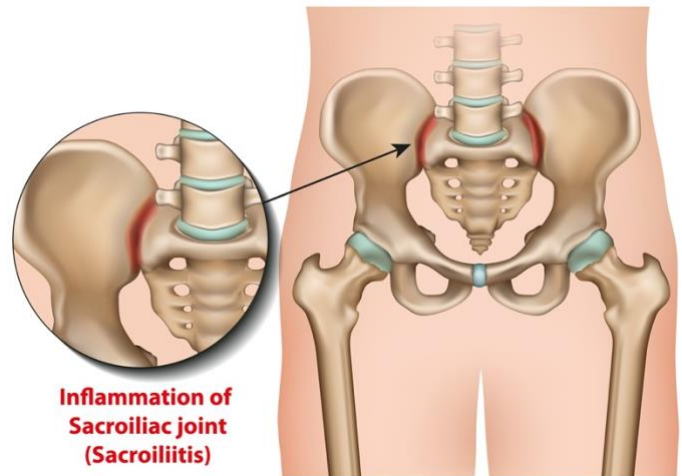


Image source: [Esports Healthcare](#)

What is a Nerve Branch Block?

It is a *diagnostic* procedure used to determine if the facet joint is the source of your pain.

As noted above, the sacroiliac lateral branch nerves carry pain signals from facet joints. A branch block is an injection of anesthetic medication onto these nerves, stopping them from transmitting pain signals for several hours after the procedure.

It is very important to pay attention to how your pain responds in the hours following the block. You should fill out a **pain diary** for your physician, **recording your pain scores** at set intervals after the procedure.

If your pain significantly improves in the period after your block, then we have confirmed that the nerves going to the sacroiliac joints are indeed causing your pain, and we should proceed with the longer-term treatment, known as a **radiofrequency ablation**.

On the other hand, if the block did not have any effect on your pain, this suggests there may be another cause of your pain.

How is Nerve Branch Block Performed?

Cleaning solution will be applied to the affected area, and then local anesthetic will be injected to numb the skin.

Needles will then be directed to the affected nerve branches. Low-dose X-ray (fluoroscopy) will be utilized during the procedure to give your physician a series of real-time images that will ensure accurate placement and avoidance of injury to the surrounding tissues. After confirming the appropriate needle position, a small amount of local anesthetic will be injected at each level.

Risks and Complications

Sacroiliac lateral branch blocks are considered very safe in general. However, as with any medical procedure, there are potential risks associated with the procedure. These include bleeding, infection, headache, and nerve damage. Through the use of image guidance and sterile technique, we will take every measure to minimize these potential risks and maximize the therapeutic benefit.