

# Pain Management: Injections

## *Presented to the Farm Bureau Investigators Conference*

- I. General Introduction
- II. Types of Injections
  - A. Trigger Point Injections (TPI): inject an anesthetic into the muscle to release the trigger point and provide relief from symptoms
    - i. Definition of a trigger point
    - ii. Red flags indicative of fraud
  - B. Epidural Steroid Injections (ESI): with the goal of providing pain relief, they deliver medication directly to the source of pain in the epidural space and can reduce inflammation
    - i. Definition of epidural space
    - ii. Red flags indicative of fraud
  - C. Facet Injections: inject a small amount of local anesthetic and/or steroid medication into the joint to numb the facet joints and block pain
    - i. Definition of facet points
    - ii. Facet injections diagnose the cause and provide pain relief
  - D. Medial Branch Block Injections (MBBI): inject an anesthetic into the medial branch that supplies and connects to a specific facet joint
    - i. Definition of the medial branch
    - ii. MBBIs are primarily diagnostic
    - ii. Red flags indicative of fraud
- III. Legitimate Reasons for Injections
  - A. Appropriate symptomatology
  - B. Appropriate diagnostic and radiological research

C. Unsuccessful conservative treatment

IV. Spotting Unnecessary Injections

V. Treatment Abuse: Front End

A. Initial evaluation indicated no indication of the location of trigger points

B. Regardless of this evaluation, the “Treatment Plan” includes “myofascial trigger point therapy”

VI. Treatment Abuse: Back End

A. Patient received Lumbar ESI and TPI injections based on a pain management physical evaluation

B. However, these injections are not medically necessary

VII. Conclusion: Questions