



Cliff Gronseth, M.D.  
John Tobey, M.D.  
Nina Baker, M.D.  
Vaheed Sevvom, P.A.-C

Phone: (303) 494-7773  
Fax: (303) 494-1104

**Boulder Office**  
5387 Manhattan Circle  
#200  
Boulder, CO 80303

**Steamboat Office**  
940 Central Park Drive  
Steamboat Springs, CO 80487

## WHAT TO EXPECT: MEDIAL BRANCH BLOCKS

**PURPOSE:** In some low back and neck pain programs, if facet block injections provide good but temporary relief of pain, a medial branch block may be recommended. The purpose of a medial branch block is to diagnose that the small sensory nerves which innervate the facet joints are the pain generator. This is accomplished with using local anesthetic only and providing a patient with a pain log to see if the relief lasts the appropriate amount of time. This is the step must be performed before the radiofrequency denervation can be considered.

**PROCEDURE:** This injection is performed in our procedure suite at our office.

- **Local Anesthetic Injected:**  
The procedure is typically performed with the patient lying down on their stomach. The skin and tissue overlying the region is numbed with a local anesthetic delivered through a small needle.
- **Needle Positioned:**  
After the skin and tissues are numb, using X-Ray guidance (fluoroscopy), your doctor guides a needle close to the irritated nerves in the back or neck.
- **Contrast Dye Injected:**  
Contrast dye is injected into the space to make sure the needle is properly positioned near the irritated nerves or nerves.
- **Anesthetic Injected:**  
Anesthetic is injected into the medial branches of the dorsi ramus.
- **End Of Procedure:**  
The needle is removed and a small bandage is applied. The patient may stay in our office until they feel comfortable to leave. The procedure takes approximately 20 minutes.

A pain log is provided for the patient to complete over the next several hours. This will be reviewed and the patient therefore assessed for radiofrequency candidacy at the next appointment.

**Please call us with any questions or concerns at 303-494-7773**