Spinal Pain Injection Service

Recent NICE guidelines have advised against spinal injections for back pain due to limited evidence that they are helpful. Most Pain Consultants and Spinal Surgeons will only perform facet joint injections as part of a diagnostic process. For example, injecting the spinal facet joints with local unaesthetic and steroid, can help in the short term, but the injections are not curative. If the injections help but the pain returns, there are other procedures which sometimes give longer term benefit.

Injections around specific discs and spinal nerves (nerve root blocks) are often performed as part of the diagnostic process to work out where the pain is coming from. These injections are performed to help with pain which is referred into an arm or leg usually. These injections can settle down inflammation that arises due to a disc prolapse, which is causing nerve irritation. Again, they are not always curative, but can settle pain down sufficiently to allow people to engage in exercise to strengthen core muscles, and also allow a natural healing to occur.

There are other treatments for back pain, ranging from medications, physiotherapist, TENS machines, acupuncture to surgical treatment.

Most patients have tried these approaches, but some have either no benefit or intolerable side effects. Many patients are keen to avoid surgery. In a small number of patients intermittent spinal injections are the only treatment that they have found to be helpful, even just for a few months. It is this group of patients to whom we would like to offer this self-funding injection service.

Spinal injections are not always curative but can give patients periods of significant improvement in pain levels. NICE guidelines do not advocate repeat injections. However, if all other treatments have been tried without benefit then this approach is worth considering.

Most patients will have been under the care of a Spinal Surgeon or a Pain Consultant. They will have had an MRI scan and the source of pain will usually be known.

For these patients a targeted injection will most likely have been performed. Repeat injections are now no longer funded. If previous injections have helped, then this service is to offer further injections on an affordable self-pay basis.

Patients must accept that NICE does not advocate repeat injections. However, if all other treatments have been tried and no surgical treatment is available or desired, then occasional injections that have previously worked may be worth pursuing.

If you have seen a Spinal Surgeon or Pain Consultant and have had injections that have previously helped but are no longer funded, then please get in touch with our private patients’ office on 01666 501773.