



# Treatment Options

Treatment options range from conservative to medication management to interventional:

## Conservative

- Exercise and Diet
- Physical Therapy
- TENS

## Medication Management

- Antiinflammatories
- Neuropathic Pain Medication
- Topical Compound Creams

## Interventional

- Injections
- Radiofrequency Ablation
- Neuromodulation

*If other modalities continue to fail, surgical intervention may be your best course of action in managing your pain and getting you functional.*

# Monday - Friday

# 8a - 3p

Please note that our phones are off from 12p - 1p for lunch



# Comprehensive Pain Center

Medical Pavilion at  
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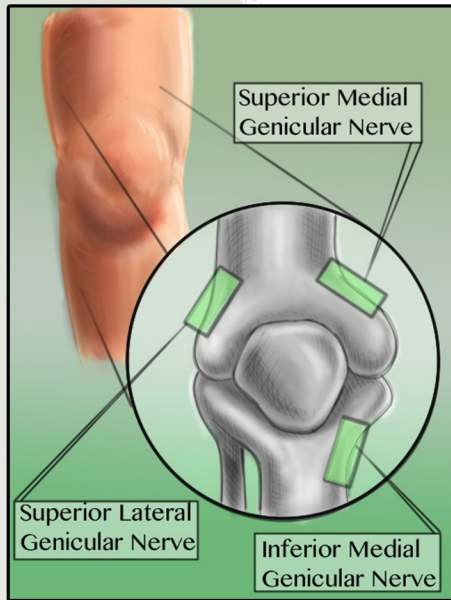


# Comprehensive Pain Center



## General Knowledge

The genicular nerve block or G-block can be used to treat nearly any knee pain diagnosis from a torn ligament to osteoarthritis. This is because the local anesthetic injected blocks the transmission of pain signals from the knee to the brain.



There are three sensory nerves that must be blocked so the procedure is three separate injections. The injection is performed under fluoroscopy - a video x-ray - to ensure the correct needle placement. The procedure is outpatient - you should be able to walk out of the office with immediate relief!

## The Procedure

### Before the Procedure

- All my questions were answered by my practitioner
- I stopped taking my blood thinners 72 hours in advance (except when not recommended by prescribing practitioner)
- I told my practitioner of any other steroids I have taken in past 3 months

### The Procedure

- Three injections of local anesthetic under

x-ray

- Should not last longer than 20 minutes

### After the Procedure

- Should have immediate relief
- Recommended you have a driver

## Risk, Complications, and FAQs

The genicular nerve block is minimally invasive and carries the same risks / complications of any injection:

- Infection
- Bleeding
- Allergic Reaction

And in very rare cases can cause nerve damage or local anesthetic toxicity.

### FAQs

- Q: How long will the injection last?  
A: Relief should be immediate and can last from hours to months.

- Q: When can I get another G-block?  
A:

- Q: Are there other options if my pain relief does not last?

A: A series of successful G-blocks may mean your a candidate for an ablation (a procedure where the nerves are burned).

