



# Facet Joint Injections: Effective Pain Management for Spinal Joints

## Understanding Facet Joint Injections

Facet joints are small pairs of joints located on the back of the spine. They provide stability and allow movement between vertebrae. When these joints become inflamed or irritated, they can cause pain in the spine that may refer to different areas of the body.

Facet joint injections serve two primary purposes:

1. **Diagnostic:** To confirm if the facet joint is the source of pain
2. **Therapeutic:** To reduce inflammation and provide pain relief

The response may be used to help plan for a more long-lasting way of providing pain relief.

These injections are crucial for addressing pain in different regions of the spine:

- Cervical (neck)
- Thoracic (mid-back)
- Lumbar (lower back)

## Types of Facet Joint Injections

At Desert Spine and Sports Physicians, we offer three types of facet joint injections, each targeting a specific region of the spine. The procedure for all types is similar, with the main difference being the area of focus.

### Cervical Facet Joint Injections

These injections target the neck area and can help alleviate referred pain in various upper body regions, such as the head, shoulders, and shoulder blades.

During the procedure, you'll lie face down while the physician uses fluoroscopic guidance for precise needle placement. After the injection, you may experience temporary weakness or numbness in your neck and arm(s) for a few hours.

### Thoracic Facet Joint Injections

Thoracic injections focus on the mid-back region and are designed to address joint pain in the thoracic spine, which may refer to the ribs or chest.

The procedure is similar to cervical injections but targets the mid-back. Post-procedure, you might notice some weakness or numbness in your mid-back, ribs, or chest area, which typically subsides within a few hours.

### Lumbar Facet Joint Injections

These injections specifically target lower back pain, which may refer to the buttocks, hips, and thighs.

The patient positioning and injection technique are similar to the other regions. Following the procedure, you may experience temporary weakness or numbness in your back and leg(s) for a few hours.

For all types of facet joint injections, our experienced [Physical Medicine and Rehabilitation physicians](#) use fluoroscopic guidance to ensure accurate medication placement. This maximizes the effectiveness of the treatment while prioritizing your safety and comfort.

# Benefits of Facet Joint Injections

Facet joint injections offer a range of advantages for patients suffering from spinal pain. This minimally invasive procedure provides both diagnostic insights and therapeutic relief, as well as helps us plan for longer-term pain relief. Benefits include:

- Immediate pain relief through anesthetic medication
- Longer-term pain management with steroid medication
- Improved mobility and quality of life
- Minimally invasive procedure with quick recovery time
- Helps in planning further treatment if needed

## Preparing for Your Procedure

### Pre-procedure instructions:

- Do not eat for six hours prior to the appointment.
- Sips of clear liquids are allowed up to two hours before.
- Take routine medications as normal.
- Inform the office if you are taking blood thinners.
- Wear loose, comfortable clothing.

### Day of procedure:

- The preparation, procedure, and recovery takes approximately 1 hour.
- You will lie face down on a procedure table.
- Fluoroscopic (x-ray) guidance will be used for injection accuracy.
- The physician will numb the skin with an anesthetic medication.
- A small needle will be directed into the facet joint.
- A small amount of contrast dye will be injected to ensure proper needle placement.
- A mixture of anesthetic and steroid medication will be administered into the joint(s).

### Post-procedure care:

- There will be a brief [recovery period after the spinal injection](#) to assess your immediate pain relief.
- You must have a responsible adult drive you home.
- You may return to normal activities the next day, including work.
- Monitor and record pain levels as instructed by your physician.

## Choosing the Right Treatment in Arizona for Your Spinal Pain

Consult with our [Arizona spine specialists](#) to determine if facet joint injections are right for you. We'll discuss your symptoms, medical history, and treatment goals to create a personalized care plan.

Alternative treatments may be recommended based on your specific condition. Our experienced physicians at Desert Spine and Sports Physicians are committed to finding the [most effective solutions for your spinal pain](#).

Visit one of our convenient locations:

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| <a href="#">Desert Spine and Sports Physicians - Phoenix Office</a><br>3700 N. 24th Street<br>Suite 210<br>Phoenix, AZ 85016 | <a href="#">Desert Spine and Sports Physicians - Mesa Office</a><br>6634 E. Baseline Rd.<br>Suite 101<br>Mesa, AZ 85206 | <a href="#">Desert Spine and Sports Physicians - Scottsdale Office</a><br>8670 E. Shea Blvd.<br>Suite 102<br>Scottsdale, AZ 85260 | <a href="#">Desert Spine and Sports Physicians - Peoria Office</a><br>13128 N. 94th Drive<br>Suite 200<br>Peoria, AZ 85381 | <a href="#">Desert Spine and Sports Physicians - Gilbert Office</a><br>3615 S. Rome St.<br>Gilbert, AZ 85297 |
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