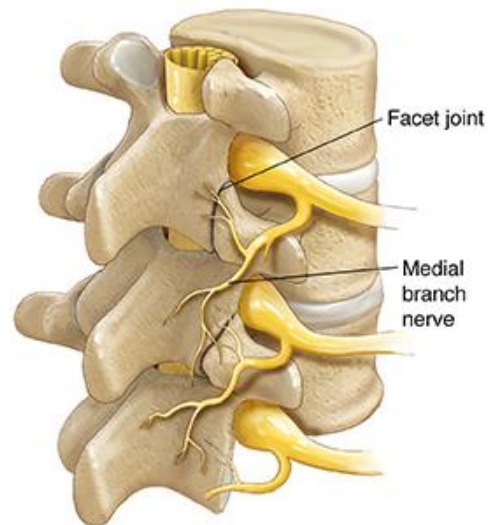


# Lumbar Medial Branch Block

## What is a lumbar medial branch block (LMBB)?

A lumbar medial branch block is a diagnostic injection of anesthetic medication onto the nerves that transmit pain information. The nerves that transmit pain are called medial branch nerves, and the procedure is called a lumbar medial branch block because it targets these nerves in the lower back. The goal of the shot is to relieve pain in your lower back. The procedure is used to establish whether or not patient's facet joint is causing their back discomfort. These are "test" injections. They will only last for a short period of time.



The extent and duration of pain relief may depend on the amount of inflammation and how many areas are involved. Other coexisting factors may be responsible for your pain. If your pain goes away for a short time, but then returns, you may be a candidate for a radiofrequency ablation (RFA) to the medial branch nerve. This procedure provides a more sustained disruption of pain signals, and often prolonged pain relief. RFA pain relief may last 6-18 months.

### Pain Scale

Pre procedure: \_\_\_\_\_

Post procedure: \_\_\_\_\_

Duration: \_\_\_\_\_



**ALLEGHENY PAIN  
MANAGEMENT**