

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

Stellate Ganglion Injections

Significantly Reducing Arm and Head/Face Pain

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Treatment Brochure

LEAVE PAIN
BEHIND.
**GET BUSY
LIVING.**

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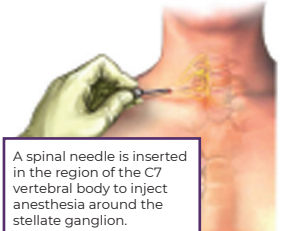
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If you are suffering from chronic pain or weakness in your arms or head/face, you understand how it can take away your peace of mind.

Stellate ganglion injections can determine if the sympathetic nerves in the neck, located on either side of the voice box, are the cause of your problems—and treat the damaged area in order to relieve the pain.

Patients who receive treatment earlier for their symptoms tend to respond better than those who wait. Our network of pain management physicians understands your interest in resolving pain as soon as possible, and is committed to providing timely and effective relief.

Stellate Ganglion Block Injections



A spinal needle is inserted in the region of the C7 vertebral body to inject anesthesia around the stellate ganglion.

Anterior view

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What are stellate ganglion injections?

Sympathetic nerves are responsible for a variety of functions in the body such as blood pressure, temperature regulation, blood flow and more. Sometimes a sympathetic nerve may be unnecessarily stimulated, causing blood vessels to constrict and resulting in poor circulation to an upper extremity. When a problem with the sympathetic nerves on the sides of the neck (cervical spine) occurs, you can experience pain and weakness in your arms and head/face.

Stellate ganglion injections are successful in treating relatively common conditions such as complex regional pain syndrome or shingles.

Stellate ganglion injections are an important diagnostic test to determine if sympathetic nerves in the neck are causing your pain. But the injections are also a treatment, providing long-lasting relief.

A pain specialist, guided by fluoroscopy (x-ray imaging), initially injects a small amount of contrast dye to ensure the injection will flow as desired to the targeted sympathetic nerves. Once confirmed, the physician injects a local anesthetic and a corticosteroid medication into the area, most often at the sixth or seventh cervical vertebra.

How long does it take?

Stellate ganglion injections are performed on an outpatient basis and typically require 30 minutes, followed by a brief observed recovery time.

How often should this procedure be done?

Up to three injections may be given within a six-month time frame. Usually, the injections are performed two to three weeks apart. A set of three injections is the norm; however, you may gain considerable relief after the first or second injection. In that instance, further injections may not be necessary.

What are the expected results?

Stellate ganglion injections successfully relieve pain generated by sympathetic nerves. Immediately following the procedure, you should not drive for several hours because you may experience temporary numbness or weakness in an upper extremity. Some patients temporarily experience reactions such as a droopy eyelid or hoarse voice. It's recommended that you take it easy the day of the procedure, but return to your usual activities the following day. Although initially you might have some soreness at the injection site, the benefit from these injections will typically occur a few days following the procedure.

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SGIB NSPC 010422