

The effectiveness of cervical facets infiltration of c 4-6 with shoulder blocks in the treatment of cervicogenic and shoulder pain

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Abstract

Objective: The objective of this study is to evaluate the Effectiveness of Cervical Facets Infiltration of C 4-6 With Shoulder Block in the Treatment of Cervicogenic and Shoulder Pain.

Background: Cervical and shoulder pain is a recurrent and daily chronic, daily musculoskeletal pain, with throbbing and muscular like pressure quality. Patients usually use large doses of analgesics and experience withdrawal exacerbations. Cervicogenic and shoulder pain, on the other hand, is a secondary exacerbation due to an underlying structural problem in the shoulder or neck.

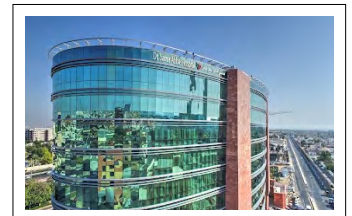
Methods: 30 patients were evaluated at our Advanced Neuromusculoskeletal center in Dr. Samir Abbas Hospital. Patients were allocated to receive either cervical infiltration of C4-6 facets with shoulder block on the same side of neck and shoulder pain (13); or oral bridge therapy (Gabapentin 300mg and Etoricoxib) which was administered daily for 15 days, and which was followed by six sessions of physical therapy applied to shoulder and 6 sessions applied to neck region with Tizanidine 2mg daily for 6 month as a preventive therapy in both groups. Inclusive criteria: 10 males, 20 females; ages 40-60 years, with a mean of 50. Exclusive criteria: pediatrics; patients older than 60, with uncontrolled diabetes, blood pressure, other neurological deficits; or pregnancy.

Results: Average symptomatic improvement of 78%, according to numeric pain scale, was recognized in patients receiving cervical facets infiltration therapy and appreciated within 10-20 days of therapy. However, an average improvement of 58% was recognized by patients receiving oral bridge therapy and appreciated within one month of therapy.

Conclusion: Patients who received cervical facets infiltration showed more rapid and significant symptomatic improvement of their shoulder and neck pain after the treatment as compared to the oral bridge therapy.

Biography

Ziad Elchami works in the department of Neuroscience. He is currently the director of Advanced Neuro-Musculoskeletal Care Center, Samir Abbas Hospital. He has twenty years of experience in in Neurology/Musculoskeletal Chronic Pain, Headache and Migraine Care.



[6th Annual Conference on Orthopedics, Rheumatology and Osteoporosis](#) | December 09, 2021

Citation: Ziad Elchami, The effectiveness of cervical facets infiltration of c 4-6 with shoulder blocks in the treatment of cervicogenic and shoulder pain, Orthopedics Conference 2021, 6th Annual Conference on Orthopedics, Rheumatology and Osteoporosis, December 09, 2021, 07