

Nerve Blocks



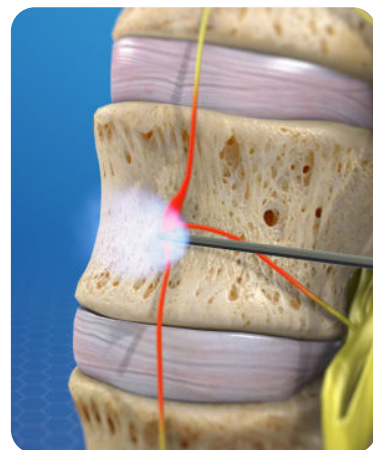
WHAT ARE NERVE BLOCKS?

When you experience pain in a particular part of your body, it's often due to nerves in that area sending pain signals to your brain. A nerve block can stop or reduce these signals, offering you relief.

The goal of nerve blocks is to improve comfort and functionality, often as part of a comprehensive pain management plan.

HOW DOES IT WORK?

At Nura, our team uses nerve block injections for both diagnostic and therapeutic purposes. Nerve blocks can provide pain relief for anywhere from a few hours to several weeks, depending on the type of block and the medication used.



DIAGNOSTIC NERVE BLOCKS:

These help identify the exact source of pain, which is important when conventional tests, such as X-rays or MRI scans, fail to provide a clear cause. The procedure involves injecting anesthetic near the suspected source, and if the pain significantly decreases or disappears temporarily, it indicates the likely origin of the pain.

Examples: Medial branch blocks, Selective nerve root blocks

THERAPEUTIC NERVE BLOCKS:

These treat pain by injecting medication, often a combination of anesthetics and anti-inflammatory agents, into specific nerves or nerve clusters. Therapeutic nerve blocks can provide either long-lasting or temporary pain relief, depending on the type of nerve block used and the individual's response.

Examples: Peripheral nerve blocks, Occipital nerve blocks, Sympathetic nerve blocks, Trigeminal ganglion nerve blocks

WHO IS A GOOD CANDIDATE FOR NERVE BLOCKS?

Nerve block injections may be a good option for people with localized pain in the spine, arms, legs, neck, or buttocks, especially when conservative treatments have failed. Studies have shown that nerve blocks may be effective in treating the following conditions:

- Complex Regional Pain Syndrome (CRPS)
- Trigeminal neuralgia
- Atypical facial pain
- Headaches
- Back & neck pain
- Hip & knee pain
- Shoulder pain
- Abdominal & pelvic pain
- Cancer-related pain

WHAT TO EXPECT?

- 1 One of our pain specialists will evaluate you to see if you are a good candidate for a nerve block injection. Depending on the location of your pain, a specific type of block will be recommended.
- 2 Our team will provide you with guidelines to help you prepare for your appointment. Your comfort and well-being are our top priorities throughout this process. Injections are performed in our surgery center, where we offer a full range of anesthesia options.
- 3 Before the procedure, you may be asked to change into a surgical gown to help make the injection easier. All our nerve block injections are image-guided and performed while you rest comfortably on an exam bed.
- 4 The procedure typically lasts around 15 minutes. Some individuals may experience temporary numbness and tingling in the treated area immediately after the procedure, which typically wears off in a few hours.
- 5 Following the procedure, you will be monitored in our post-operation area until our team clears you to leave. While many people experience immediate relief from the local anesthetic, some may require multiple injections to achieve the desired effect. Your Nura provider will work with you to create a personalized treatment plan tailored to your needs.

INSURANCE AND BILLING

Insurance companies will typically provide coverage for nerve blocks when they are determined to be medically necessary and meet the guidelines outlined in your policy.

IMPROVE YOUR QUALITY OF LIFE

Effective pain management through nerve blocks can significantly enhance your overall quality of life by reducing pain-related limitations.