

ROLE OF CAUDAL EPIDURAL STEROID INJECTIONS IN LOW BACK PAIN DUE TO CANAL STENOSIS.

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Abstract

Lumbar disc prolapsed, lumbar canal Stenosis, foraminal Stenosis as a cause of back and leg pain is quite common and results in significant disability. This study done on 126 patients with signs and symptoms of lumbar disc prolapse, foraminal Stenosis, lumbar canal Stenosis in whom conservative treatment of at least 6 weeks had failed. The aim of the present study was to study the effect of caudally administered epidural steroids in the treatment of such patients. Back pain and leg pain and SLR were assessed separately before the procedure and at regular intervals after the procedure for a period of 6 months. Through the sacral hiatus, 20ml of solution containing 160 mg (4ml) methylprednisolone, 5ml lignocaine 2%, hyalinidase and 11ml normal saline were injected into the epidural space. No major complications were observed. It is concluded that caudally administered epidural steroid injections are a safe and effective modality of treatment in lumbar disc prolapsed, lumbar canal Stenosis, and foraminal Stenosis with good results when patient selection was proper.

