

bone strength, stability, pain relief, decreased analgesics, increased mobility with improved QOL and early return to work.

PIRIFORMIS SYNDROME

Piriformis syndrome is a neuromuscular disorder that occurs when the sciatic nerve is compressed or otherwise irritated by the piriformis muscle causing pain, tingling and numbness in the buttocks and along the path of the sciatic nerve descending down the lower thigh and into the leg. Diagnosis is often difficult due to few validated and standardized diagnostic tests, but one of the most important criteria is to exclude sciatica resulting from compression/irritation of spinal nerve roots, as by a herniated disk. The syndrome may be due to anatomical variations in the muscle-nerve relationship, or from overuse or strain. Piriformis syndrome should be considered as a possible diagnosis when Sciatica occurs without

a clear spinal cause.

Treatment

Symptomatic relief of muscle and nerve pain can be obtained by non-steroidal anti-inflammatory drugs and/or muscle relaxants. Conservative treatment usually begins with stretching exercises and massage, and avoidance of contributory activities, such as running, bicycling, rowing, etc. Some clinicians recommend formal physical therapy. Failure of conservative treatments described above may lead to consideration of various therapeutic injections such as local anesthetics, Anti-inflammatory drugs and/or corticosteroids, botulinum toxin (BOTOX), or a combination of the three. Injection technique is a significant issue since the piriformis is a very deep seated muscle. BOTOX can be injected under CT control. This inactivates the piriformis muscle for 3 to 6 months, without resulting in leg weakness or impaired activity. Rarely surgery may be recommended.

COCCYDYNIA/TAIL BONE PAIN

Coccyx pain is often caused by falling backwards or by childbirth, though the cause of pain is unknown in about a third of cases. It makes it very painful to sit down. There are effective treatments available, and the great majority of sufferers can be cured. Most coccyx pain is caused by the coccyx dislocating when you sit. In such cases, manual treatments, if applied by an expert, may relieve the pain. Injections of cortisone help some people.

Coccydynia is often reported following a fall or after childbirth. In some cases, persistent pressure from activities like bicycling may cause the onset of coccyx pain. Coccydynia due to these causes usually is not permanent, but it may become very persistent and chronic if not controlled. Activities that put pressure on the affected area are bicycling, horseback riding, and other activities such as increased sitting that put direct stress on the coccyx. The medical condition is often characterized by pain that worsens with constipation and may be relieved with bowel movement. Activities that put pressure on the affected area are bicycling, horseback riding, and other activities such as increased sitting that put direct stress on the coccyx. The medical condition is often characterized by pain that worsens with constipation and may be relieved with bowel movement. sometimes even just a single local nerve block injection at the ganglion impar can give 100% relief of coccydynia when performed under fluoroscopic guidance.

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Impar Block



Piriformis Injection

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