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## Lumbar Epidural Steroid Injections

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Lumbar epidural injections are performed using a combination of a strong anti-inflammatory medication (STEROID) and a local anesthetic being administered into the epidural space. The epidural space is the area outside the spinal cord but inside the vertebral canal of the spinal column. This space contains nerve roots which may become injured do to many conditions including but not limited to disc bulges, herniations, stenosis, and degenerative discs. The injection allows us to deliver medication directly to the painful area where irritated or injured nerves may be located. These nerves may be the source of pain, numbness, tingling and burning in the low back, legs and feet. The goal of the procedure is to reduce the swelling and inflammation on and around these nerves there-by promoting comfort and healing.