



Valley Pain Center
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Lumbar Facet Blocks

Lumbar facet blocks are procedures in which a strong anti-inflammatory (STEROID) and a numbing medication are injected into the joints of the spine. Each vertebra in the spine is connected by a facet joint; one on the left of the vertebra and one on the right. These joints may become painful do to inflammation and swelling caused by arthritis, degeneration, or injury. Patients report symptoms including pain in the low back, hip, buttock, and at times the leg. This treatment is designed to be therapeutic and diagnostic. It helps to reduce inflammation and swelling in order to promote comfort and healing. The procedure also serves as a useful tool so that the joints can be confirmed as a source of your pain.