



Valley Pain Center
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Lumbar Selective Nerve Root Block

The Nerve Root Block is a procedure performed to relieve low back and radiating leg pain. This is an injection of a strong anti-inflammatory medication (STEROID) and a local anesthetic into the area where the nerve exits the spinal column. This procedure is a focused injection on specific nerve roots at specific levels either on the left or right side. It allows us to directly deliver the medication to these nerves. This is useful when one or more nerve roots are considered to be the likely source of a patient's pain. The goal is to allow the nerve to heal there-by promoting comfort and pain relief.