

Poster Presentation

Prospective and Observation Study of Selective Nerve Root Block on Patients with PIVD

Vikas Singh

Introduction

PIVD is the most common cause of lower back pain in old age. The most common site is L4 L5 to L5 S1 in about 95% cases, and about 90% cases are associated with radiculopathy.

Methodology

This prospective study was conducted on 150 patients at the Jawahar Lal Nehru Hospital and Research Center between 2019 and 2021. We used 2–3 ml xylocaine and methylprednisolone. Results were assessed through clinical examination.

Result

Of the 150 patients, 130 experienced excellent results with no pain for more than six months.

Conclusion

We conclude that for mild cases, patients with PIVD have an alternative option of selective nerve root block other than surgery.

Correspondence

Vikas Singh

Email:

vikassinghrewa12@gmail.com