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2260 W. Higgins Road • Suite 101 • Hoffman Estates, IL 60169 and 519 N. Cass Avenue • Suite 3SW • Westmont, IL 60559
Phone: (847) 608-6620 Toll Free: (877) 964-7246 Scheduling Fax: (847) 742-9458
www.painmngt.com

Piriformis Muscle Injection

OVERVIEW

This injection procedure is performed to relieve buttock pain that may radiate into the back of the thigh and sometimes down the leg. A piriformis muscle injection is an injection directly into an area of the muscle that is chronically contracted or tense. In some cases it may be necessary to repeat the procedure as many as three times to get the full benefit of the medication. However, many patients get significant relief from only one or two injections.

STEP 1

A local anesthetic numbs the skin and tissue below.

STEP 2

Using a needle the physician then slides the needle through the anesthetized track. Under fluoroscope, the physician guides the needle toward the piriformis muscle.

STEP 3

A contrast solution is injected so the physician can use the fluoroscope to locate and confirm the correct location of the needle tip.

STEP 4

A steroid-anesthetic mix is injected into the piriformis muscle, bathing the painful muscle with soothing medication.

STEP 5

The needle is removed, and a small band-aid will be used to cover the tiny needle surface wound.

