

Table of Contents

I General Section			
1	Basic Principles		3
	Orthopedic Pain Therapy	3	Secondary Pain 8
	Nociception and Chronification	4	Mixed Pain Syndrome 9
	Stages in the Development of Pain	5	Chronic Pain Syndrome 10
	Moving from Acute to Chronic Pain: Nociceptor Sensitization	6	
2	Diagnostics		13
	Medical History	13	Laboratory Tests 17
	Clinical Examination	14	Imaging Techniques 18
	Neurological–Orthopedic Examination	16	Trial Measures for the Diagnosis of Pain . . . 18
3	Causal Orthopedic Pain Therapy		19
	Positioning and Traction	19	Postural and Behavioral Training; Back School 22
	Orthopedic Aids	20	Back School and Orthopedic Pain Therapy . . 22
	Manual Therapy	20	
	Physical Therapy	21	
4	Symptomatic Pain Therapy		25
	Introduction	25	Multimodal Medication Concomitant Therapy 36
	Thermotherapy	26	Introduction 36
	Massage	27	Pain Measurement and Documentation . . . 36
	Electrotherapy	28	WHO Analgesic Ladder 37
	Acupuncture	29	Opioid Management 46
	Therapeutic Local Injection Treatment	30	Adjuvant Analgesics 46
	Interleukin-1 Receptor Antagonist Protein (IL-1Ra)	33	Local Anesthesia 49

II Atlas Section

5 ■ The Spine: Anatomy, Nociception, and the Distribution of Pain Signals	53
Terminology	53
Nociception and the Distribution of Pain Signals in the Spine	53
Pain-Sensitive Structures in the Vertebral Motor Segment	53
Spinal Nerve	54
Posterior Longitudinal Ligament	55
Nerve Root	55
Nociceptive Pain Arising from the Zygapophyseal Joints	57
Muscles	57
Mixed Pain Syndromes in the Spine	59
Chronic Pain Arising from the Vertebrae ...	59
6 ■ Special Orthopedic Injection Therapy: Contraindications and Patient Information	61
Contraindications	61
Patient Information	62
7 ■ Cervical Injection Therapy	65
Specialized Cervical Neuroanatomy	65
Basic Therapy for Cervical Pain	66
Special Therapy for Cervical Pain	68
Local Cervical Pain Syndrome	68
Pain Therapy for the Cervicobrachial Syndrome	70
Treatment of Cervical Headaches (Cervicocephalic Syndrome)	71
Pain Therapy for the Posttraumatic Cervical Syndrome	71
Cervical Injection Therapy	72
Cervical Spinal Nerve Analgesia	72
Cervical Epidural Injection	81
Cervical Facet Infiltration (CxFI)	89
Cervical Trigger Point Infiltration and Skin Infiltration	95
8 ■ Thoracic Injection Therapy	99
Specialized Thoracic Neuroanatomy	99
Clinical Picture	100
Thoracic Injection Therapy	101
Thoracic Spinal Nerve Analgesia	101
Thoracic Facet Infiltration (TxFI)	107
Costotransverse Block (CTB)	110
9 ■ Lumbar Injection Therapy	113
Specialized Lumbar Neuroanatomy	113
Basic Therapy for Lumbar Pain	115
Special Therapy for Lumbar Pain	118
Local Pain Syndromes in the Lumbar Spine (Local Lumbar Syndrome, Nonspecific Back Pain)	118
Treatment of Acute Low Back Pain	119
Treatment of Chronic Low Back Pain	119
Pain Therapy for the Lumbar Nerve Root Syndrome	120
Pain Therapy for Lumbar Spinal Canal Stenosis	121
Decompensated Spinal Canal Stenosis	121
Pain Therapy for Problem Patients Who Have Undergone Spinal Surgery	122
Pain Following Lumbar Spondylodesis	124
Lumbar Injection Therapy	125
Lumbar Spinal Nerve Analgesia	125
Radiculography	139
Lumbar Facet Infiltration	139
Ligament Infiltration at the Sacroiliac Joint (SIJ Block)	149
Lumbar Epidural Pain Therapy	157

10 ■ General and Specific Complications and Treatment Measures	197
Vasovagal Syncope 197 Intravascular Administration of Local Anesthetics and Glucocorticoids 197 Central Nervous System 197 Cardiac Circulatory System 198 Intrathecal Administration of Local Anesthetics and Glucocorticoids 199 Anaphylactoid Reaction—Anaphylactic Shock 199 Postdural Puncture Syndrome 201 Bacterial Infection 201 Bleeding 203 Special Complications and Side Effects of Cervical Spinal Nerve Analgesia (CSPA) 204 Stellate Block 204 Pneumothorax 204 Nerve Root Sleeve Injection 204 Side Effects and Complications of Cervical Epidural Injections 206 Dural Puncture 206 Side Effects and Complications of Thoracic Injection Techniques 206 Side Effects and Complications of Lumbar Spinal Nerve Analgesia 206 Spinal Anesthesia 206 Kidney Puncture 207 Side Effects and Complications of Lumbar Epidural Injections 207 Dural Puncture 207	
11 ■ Multimodal Spinal Therapy	209
Outpatient Minimally Invasive Spinal Therapy 209 In-patient Minimally Invasive Spinal Therapy 211 Medical Interventions 212 Physical therapy 212 Psychotherapy 212 Special Interventions 212 Indications for In-patient Minimally Invasive Spinal Therapy 213 Diagnostics Required before Commencing Minimally Invasive Spinal Therapy 213 Multimodal Program 214 Initial Medical Intervention 214 Second Medical Intervention 214 Positioning 215 Pain Medication 215 Physical therapy 215 Psychotherapy 215 The 5–10 Day In-patient Minimally Invasive Spinal Therapy Program 215 Osteoporotic Fractures 216 Further Outpatient Treatment 217 Indications for Surgery 218 Results 218	
12 ■ Summary	221
Cervical Spine 221 CSPA (Cervical Spinal Nerve Analgesia) 221 CEI (Cervical Steroid Injection) 222 CxFl (Cervical Facet Infiltration) 222 Thoracic Spine 223 TSPA (Thoracic Spinal Nerve Analgesia) 223 TxFl (Thoracic Facet Infiltration) 224 CTB (Costotransverse Block) 225 Lumbar Spine/Sacrum 226 LSPA (Lumbar Spinal Nerve Analgesia) 226 LxFl (Lumbar Facet Infiltration) 227 SIJ Block (Infiltration of Ligaments at the Sacroiliac Joint) 227 Epi-sacral (Sacral Epidural Injection) 228 Epi-posterior (Posterior Epidural Injection) 229 Epi-peri (Epidural Perineural Injection) 230 Conclusion 231	
Bibliography	233