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Novel, Conservative Interventional Therapies for Low-Back Pain

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Objectives

- Review common causes of low back pain
- Introduce newer therapies

Common Causes of Low back pain



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Common Causes of Low back Pain

- Facetogenic
- Vertebrogenic
- Central canal stenosis
- Multifidus Muscle Atrophy
- Failed Back Surgery Syndrome
- Sacroiliac Joint Pain



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Facetogenic low back pain

- Symptoms:
 - Prolonged Sitting
 - Prolonged Standing
 - Long car rides
 - Pain worse first thing in the morning
- Traditional Treatment
 - Radiofrequency Ablation
 - Facet joint injections
- Novel therapy
 - Peripheral Nerve Stimulator

Peripheral Nerve Stimulator

- Temporary Peripheral Nerve Stimulator
- Permanent Peripheral Nerve Stimulator

Peripheral Nerve Stimulator

- Temporary Peripheral Nerve Stimulator
- Permanent Peripheral Nerve Stimulator

Durable patient-reported outcomes following 60-day percutaneous peripheral nerve stimulation (PNS) of the medial branch nerves

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Vertebrogenic Low Back Pain

- Symptoms:
 - Prolonged Sitting
 - Prolonged Standing
 - Long car rides
 - Pain worse first thing in the morning
- Traditional Treatment
 - Radiofrequency Ablation
 - Facet joint injections
 - Lumbar epidural steroid injections
- Novel therapy
 - Basivertebral nerve ablation

Central Canal Stenosis

- Direct percutaneous lumbar decompression
- Indirect lumbar decompression via interspinous spacer

Multifidus Muscle Atrophy

- Peripheral Nerve Stimulator

Failed Back Surgery Syndrome

- Spinal Cord Stimulation
- Indirect lumbar decompression via interspinous spacer

Sacroiliac Joint Pain

- Percutaneous posterior sacroiliac joint stabilization