

# An Algorithmic Approach to Epidural Steroid Injections

## Indications (must meet 3 criteria)

1. Radiculopathy or radicular pain and/or neurogenic claudication
2. Pain duration of 4 weeks
3. Inadequate or failed 4 weeks of conservative management

## Effectiveness

1. Three months of pain relief  $\geq$  50% relief, in conjunction with conservative management
2. Pain scale OR functional assessment

## Limitations

1. Steroids Dosage limits (Triamcinolone 80 mg – Betamethasone 12 mg , dexamethasone 15 mg) – **No methylprednisolone.**  
Steroids almost mandatory unless allergy or contraindication.
2. CT or Fluoro – except contrast allergy or pregnancy where ultrasound guidance without contrast may be considered
3. Imaging – Minimum of 2 views (Final needle position and contrast flow should be retained)
4. Only mild or light sedation

## Utilization

1. No multiple procedures
2. Two unilateral or bilateral for transforaminal. Maximum 4 per year per region.
3. Document medical necessity
4. Limited ICD-10 codes