

Genicular Nerve Block

What are Genicular Nerves?

The knee joint is richly innervated by pain sensitive peripheral nerve fibers called genicular nerves. Genicular nerves are part of the nerve pathway to and from the knee joint.

Why are Genicular Nerve Blocks helpful?

Genicular nerve blocks are procedures used to help relieve knee pain and provide you and your physician with valuable information as to the potential cause of your pain. Should the patient experience relief from the diagnostic blockade, they may be deemed a good candidate for radiofrequency ablation which can provide longer term pain relief. If the genicular nerves are contributing to your knee pain, you will experience temporary pain relief from the genicular nerve block with gradual return to baseline pain due to diminishing action of the anesthetic used.

What will happen to me during the procedure?

The procedure is performed in one of our state of the art fluoroscopy suites or surgery centers (should sedation be required). The patient is placed on their back with the affected knee slightly bent with a pillow underneath. The knee is then prepped with sterile cleaning solution and then anesthetized for patient comfort with needle placement. With the aid of direct fluoroscopy to ensure proper needle placement, small amounts of anesthetic are delivered at each of three genicular nerves (superior medial, superior lateral and inferior medial branches) sufficient to properly block the nerve pain transmission to the joint. The needles are then removed and small bandages placed at point of needle entry.

What should I do after the procedure?

You will stay in our recovery room for 15-30 minutes where you will be provided with discharge instructions. You are then asked to resume all normal activities which have previously been known to aggravate your knee pain in an effort to best determine efficacy of the block. Patient will return to review results of the diagnostic block and determine if the patient is an appropriate candidate for radiofrequency ablation.

Pre & Post Procedure instructions can be found under the General Information tab, then select Procedures

Reminder: You must have a driver with you for your procedure



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