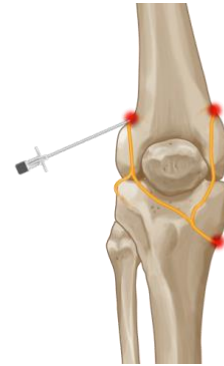


EMORY PAIN CENTER

Genicular Block - Medial Branch Block

What is a genicular block (medial branch block)? A genicular block, also known as a medial branch block, is a minimally invasive procedure used to diagnose and manage knee pain. The genicular nerves are sensory nerves that transmit pain signals from the knee joint to the brain. By injecting a local anesthetic near these nerves, a genicular block can help determine the source of knee pain and provide temporary pain relief.



What are the indications for a genicular block? A genicular block is typically recommended for individuals with knee pain caused by conditions such as osteoarthritis, rheumatoid arthritis, or previous knee surgeries. It is used both as a diagnostic tool to identify the specific nerves responsible for the pain and as a therapeutic measure to provide temporary pain relief.

How is a genicular block performed? A genicular block is usually performed as an outpatient procedure. You will be positioned comfortably, and the skin over the knee area will be cleansed with an antiseptic solution. Under the guidance of imaging techniques, a small needle is inserted near the genicular nerves. A local anesthetic medication may be injected to numb the nerves and provide pain relief. The procedure typically takes around 15 to 30 minutes.

What are the potential risks or side effects of a genicular block? A genicular block is considered safe, but like any medical procedure, it carries some risks. Potential risks and side effects may include infection, bleeding, nerve injury, allergic reactions to the medications used, or temporary soreness or discomfort at the injection site. These risks will be discussed with you by your healthcare provider before the procedure.

What should I expect after a genicular block? After the procedure, you may experience temporary numbness or weakness around the knee area, as well as pain relief that may last for a variable duration. Your healthcare provider will provide instructions for post-procedure care, including any pain management strategies and activity restrictions. It is important to report any new or worsening symptoms to your healthcare provider and attend scheduled follow-up appointments.