Epidural steroid injections (ESIs) are recommended as an option for treatment of radicular pain. Radicular pain refers to pain radiating down the arm and/or leg.

The American Academy of Pain Medicine recommends NO MORE than two ESI injections. Current research does NOT support a ‘series-of-three’ injections in either the diagnostic or therapeutic phase.

Current recommendations suggest a second epidural injection ONLY if a partial success is produced with the first injection.

There is little information suggesting ESIs improve any function.

NO MORE than one interlaminar level should be injected at one session.

NO MORE than two nerve root levels should be injected using transforaminal blocks.

The purpose of the ESI is to reduce pain and inflammation, restoring range of motion and thereby facilitating progress in more active treatment programs, and avoiding surgery, but this treatment alone OFFERS NO SIGNIFICANT LONG-TERM FUNCTIONAL BENEFIT.