

The Wrong Way to Treat Herniated Discs?

Epidural steroid injections may be a treatment option for lumbar disc hernia accompanied by radiculopathy, but that doesn't mean the procedure is complication-free:



*Most frequent minor complication: vasovagal reaction (8.7%)

SOURCE: Karaman H, et al. The complications of transforaminal lumbar epidural steroid injections. *Spine*, June 2011;36(13):E819-E824.