

Comparison of Suprascapular Nerve Block (A Novel Technique) and a Combination of Suprascapular Nerve Block Plus Intra-articular Injection in Chronic Shoulder Pain

Dear Sir,

With the increasing number of elderly population, chronic pain is becoming a burning topic of concern. These include: back pain, joint pain, cancer pain, etc. Shoulder pain is one of the chronic pain that affects the population leading to physical as well as mental dissatisfaction among the sufferers. So, its early diagnosis and treatment are of utmost importance. Shoulder pain can occur due to injury also but majority of cases are due to degenerative diseases and inflammatory conditions. Another most frequently observed condition of shoulder pain is patients suffering from diabetes mellitus. Long-term diabetes causes fibrosis of the joint space leading to reduced range of movement and pain. Combined

approach of suprascapular nerve block and intra-articular injection for shoulder pain provides significant pain relief. In this approach, local anesthetic and steroid are used in combination and multiple injections are given at interval. In conditions of shoulder pain with diabetes, multiple steroid injections may be questionable as steroid may cause increase incidence of hyperglycemia and worsen the health condition. So, we should use agents other than steroid for the combined supraclavicular nerve block and intra-articular shoulder joint injection especially in diabetic patients that occupies a major proportion of shoulder pain. Also, this procedure involves risk of pneumothorax, it would be prudent to proceed the procedure under image-guidance.

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