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## Intraarticular pulsed radiofrequency to treat refractory lumbar facet joint pain in patients with low back pain

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**Background:** Many treatment techniques have been used for refractory lumbar facet joint pain; however, their efficacy has been controversial. In this study, we investigated the clinical efficacy and safety of intraarticular pulsed radiofrequency for the treatment of refractory lumbar facet joint pain in patients with low back pain.

**Methods:** Twenty patients with refractory lumbar facet joint pain were recruited and each patient was treated using intraarticular pulsed radiofrequency. The treatment effects were measured using a numerical rating scale, and the technical accuracy of intraarticular pulsed radiofrequency treatment was evaluated independently by two radiologists. Any adverse events or complications were also checked.

**Results:** We performed intraarticular pulsed radiofrequency treatment at 48 levels of the lumbar facet joints in 20 patients (5 men and 15 women; mean age, 64.50 ± 10.65 years) with refractory lumbar facet joint pain. Pain scores were significantly reduced at 1 month, 3 months, and 6 months after treatment ( $p < 0.05$ ). The face validity revealed good intraarticular pulsed radiofrequency results in all 20 patients, without any serious adverse effects.

**Conclusions:** The treatment using intraarticular pulsed radiofrequency is an alternative to other techniques in patients with refractory lumbar facet joint pain.

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### Biography

Jin Seok Seo has completed his MD at the age of 26 years from Kyunghee University School of Medicine. He is a physical medicine and rehabilitation doctor of Veterans Health Service Medical Center, Seoul, Korea.

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