

Suprascapular nerve block in chronic shoulder pain

Authors : E. Antonopoulou, T. Kelgiorgis, G. Georgiopoulos, E. Tsevreni, P.Florou



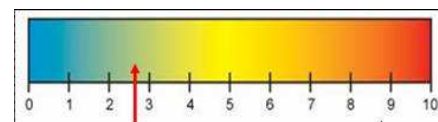
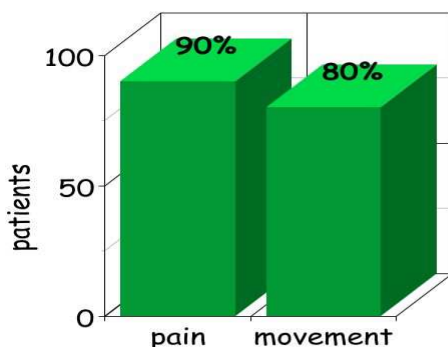
Institute : Anaesthetic Department, General Hospital of Xanti, Xanthi Greece

Background and aims : This is a retrospective study to assess the effectiveness of suprascapular nerve block to relieve pain and improve the range of movement in degenerative disease of shoulder.

Methods: We studied 104 patients, 33 men and 71 women aged 60.56 ± 10.87 , with chronic shoulder pain. The patients were in pain for a period more than 3 months and had functional disability due to degenerative disease. We performed suprascapular nerve block with 10 ml of levobupivacaine 2.5 mg/ml using anatomical landmarks and a nerve stimulator to determine needle placement. Thirty minutes later the patients had physiotherapy session. They were given instructions to do specific exercise for as long as the block lasted. A series of 4-6 suprascapular nerve blocks were performed to the patients. We recorded pain scores and range of movement. The follow up was 12 weeks.



Results: The success rate of the block was 99.5 %. There was significant improvement in all pain scores (pain at rest, at night and at movement) 90% in all patients. Pain VAS score was 2-3 occasionally, during the follow up . The range of movement improved 80-90% in all patients. There were no significant adverse effects in the patients due to the peripheral nerve block.



Conclusion : Suprascapular nerve block is an easy and safe method to perform with minimum side effects and very effective in the management of chronic shoulder pain, which is a common clinical problem.

