

## 104. ROLE OF PSOAS COMPARTMENT BLOCK IN FAILED BACK SURGERY SYNDROME: AN EXPERIENCE AT PAIN MANAGEMENT CENTRE

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**Introduction:** There are many long-term follow-up studies after spinal surgery with a varying degree of success ranging between 19-90 (1). After lumbar laminectomy and microdisectomy some patients continue to complain of pain (2). This is probably due to formation of scar tissues in and around the spinal nerves. Their complaints often are of diffuse ill-defined low back pain which is dull, aching and often constant in nature. It is somewhat different from the pain they had experienced prior to surgery. Such patients fall in the category of Failed Back Surgery Syndrome (FBSS) i.e., from a surgical view point the operation has been a success in that there is often a good spinal decompression or anatomical alignment but they continue to complain of pain and restricted activity which is often more debilitating than the original pain. They are difficult to treat by conventional methods.

**Object:** This study was performed to evaluate the efficacy of psoas compartment block with steroid in FBSS.

**Methodology:** 30 patients with an established diagnosis of FBSS were included in the study. After conventional therapy a bilateral psoas compartment was carried out in all patients. The intensity of pain was recorded with the help of a visual analogue scale (0=no pain, 10=worst pain).

**Result:** Mean duration of pain relief was found to be 10 weeks in 63% of patients. In remaining 37% of patients, block was found to be ineffective.

Possible mechanism of action will be discussed.

1. Flor H, Turk DC. *Etiological theories and treatments for chronic back pain. Somatic models and interventions. Pain* 1984; 19: 105-121.

2. Long DM, Filtzer DL, Ben Debba M, Hendler NH. *Clinical features of failed back syndrome. J Neurosurg* 1988; 69: 61-71.