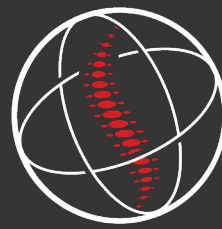




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# AXIS SPINE NEWSLETTER

## Dorsal Root Ganglion Stimulation

by **JESSICA B. JAMESON, MD**

### WHAT IS THE DORSAL ROOT GANGLION?

The dorsal root ganglion (DRG), is a bundle of nerves located on the outside of the spinal cord. They are made up of densely populated sensory nerves, and they act like traffic lights, regulating signals and sensations that travel through nerve fibers along the spinal column to the brain.

The DRG was once thought to have no connection to pain, but researchers now know that this nerve bundle plays a key role in nerve pain for specific types of patients. According to a 2017 study published in [PAIN](#), stimulating the DRG helps relieve pain more effectively than spinal cord stimulation.



### JESSICA B. JAMESON, MD

Dr. Jessica B. Jameson is a fellowship trained Interventional pain physician. She is also actively involved in clinical research serving as the principal investigator for multiple randomized controlled trials.



### E. JOE KENT III, MD

Dr. Edward (Joe) Kent III is a fellowship trained interventional pain physician. He believes in a multidisciplinary approach to pain medicine, which includes exercise, diet, and maintaining an active, healthy lifestyle.

## HOW DOES DRG THERAPY WORK?

DRG stimulation therapy works by stimulating dorsal root ganglia (DRGs). Because the spinal column has a number of different DRGs, each of which is associated with different areas of the body, DRG stimulation therapy can target the DRG that is associated with the specific area of the body where a patient experiences pain. In this way, DRG therapy has the unique ability to help manage pain in targeted parts of the body where pain occurs, and is especially helpful for patients who live with isolated chronic pain in the lower parts of the body.



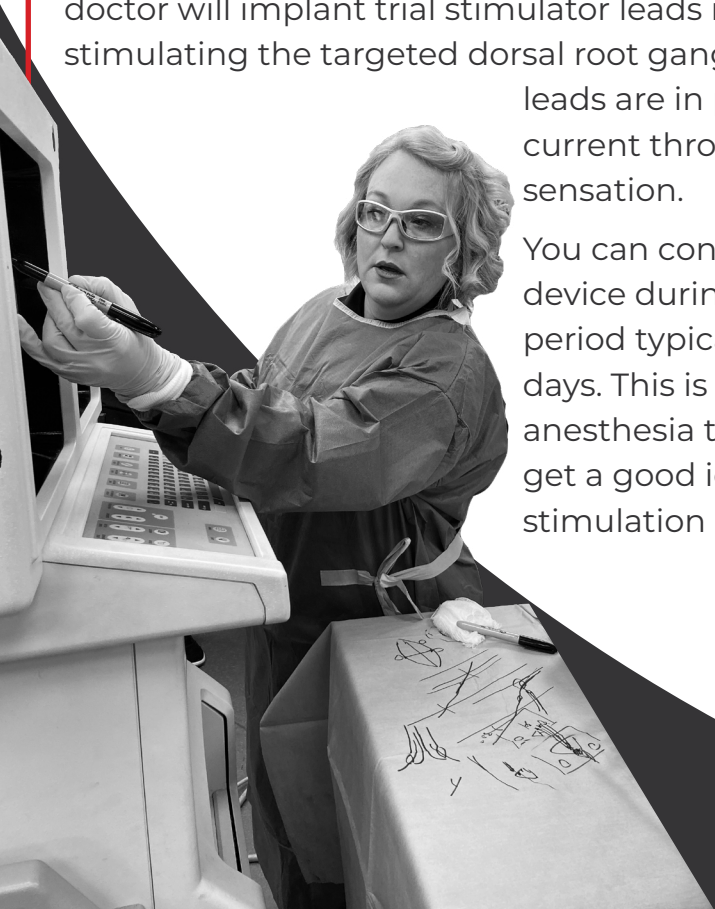
***“DRG therapy has the unique ability to help manage pain in targeted parts of the body where pain occurs.”***

## WHAT IS INVOLVED WITH THE DRG PROCEDURE?

The procedure for **dorsal root ganglion stimulation** is done in two parts. The first part is a trial period to make sure the treatment is effective; during the second part, your doctor implants a permanent device to control your pain.

You'll undergo the procedure for the trial device under light anesthesia. You will not feel pain, but you will still be able to respond to questions. Your doctor will implant trial stimulator leads into the epidural space so they are stimulating the targeted dorsal root ganglia (not the spinal cord). Once the leads are in place, they will send a mild electrical current through them to see if you feel a tingling sensation.

You can control these leads with an external device during the length of your trial. A trial period typically lasts between five and seven days. This is enough time for the surgical anesthesia to wear off completely so you can get a good idea if the dorsal root ganglion stimulation is properly placed and working.



**During the trial period**, you will be encouraged to complete your daily activities as much as you can while being mindful of the external stimulating device and temporary leads. Your doctor will have a list of recovery instructions, but you should avoid strenuous activity that includes reaching, bending, twisting, or lifting. Keep the external device dry. Avoid any motions that might tug at the leads.

## ▶ **PERMANENT**

If your pain is significantly relieved or reduced, the trial is considered successful. You will then receive a **permanent dorsal root ganglion device**. The same procedure for implanting the leads is done in a permanent way. In the permanent procedure, the device battery will be implanted in the buttock or abdomen. The unit is controlled by the patient with an external controller.

Recovery from permanent implantation will vary. Expect the surgical wounds for both the leads and the internal device to heal within two to three months. Your pain levels should be significantly reduced after that time.

## **IS DRG THERAPY RIGHT FOR YOU?**

DRG therapy may be an option if you have:

- ▶ *Chronic, refractory post -surgical pain (hip, knee, foot, etc)*
- ▶ *Phantom and stump pain (post amputation)*
- ▶ *Groin and testicular pain*
- ▶ *Complex regional pain syndrome*

**CALL US AT (208)-457-4208 TO SEE IF DRG THERAPY MAY BE AN OPTION FOR YOU.**

