Treatment of low back and leg pain with epidural catheter insertion in pregnant woman

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Back ground

In pregnant women, 45% of them experience low back and pelvic pain

- 25% of them experience severe pain
- TENS, acupuncture, physical therapy are recommended for treatment
- This case presented pregnant woman who had acute low back and leg pain, treated with epidural catheter and intermittent local anesthetic injection

CASE Report

- 32 weeks gestational age, 29 age old woman
 - Chief complain: Rt gluteus and leg pain
 - Onset: 3 days before admission
 - Character: numb, burst like, VAS 9-10
 - PMHx: sleeping with leaned position in sofa because of cough and sputum
 - Physical examination
 - ✓ Inspection : Only position bearing pain standing and leaned chair or desk with flexion back near right angle
 - ✓ Motor/sensory: uncheckable due to pain
 - ✓ Imaging test
- Computed tomography for short time
: L4/5, L5/S1 level disc protrusion

- Treatment
 - Epidural catheter with flouroscopy
 - L4/5 level : vessel was contrasted up
 - L3/4 level reinsertion
 - 0.15% ropivacaine 6cc injection
 - pain reduced, VAS 3
- Progress
 - 1 Hour later: VAS 4-5
 - Normal stress test: ns finding
 - Discharge after 0.15% ropivcaine 6cc twice injection (VAS 2-3 checked)

CT finding

(A): L4/5, (B): L5/S1

Discussion

- Acute disc protrusion lead inflammation caused nerve irritation
- Epidural catheter with intermittent injection of local analgesics without steroid could reduce pain and inflammation without complication to mother and fetus either