
ULTRASOUND-GUIDED PAIN INTERVENTIONS

Kamal Mezian

Department of Rehabilitation Medicine, First Faculty of Medicine,
Charles University and General University Hospital in Prague, Czech Republic
e-mail: kamal.mezian@gmail.com

Ultrasound (US) has become an essential modality in physical medicine and rehabilitation, offering real-time, dynamic imaging that enhances the safety, accuracy, and effectiveness of pain interventions (1). This lecture offers physiatrists a focused review of key ultrasound-guided techniques commonly used in the management of musculoskeletal and neuropathic pain. It highlights practical pearls for procedures such as peripheral nerve blocks, peritendinous, intrabursal, and intra-articular peripheral joint and spinal injections. Special attention is given to clinical indications, safety considerations, and the expanding body of evidence supporting the superiority of US guidance over traditional landmark-based approaches.

References

1. Özçakar L, editor. Ultrasound Imaging & Guidance for Musculoskeletal Interventions in Physical and Rehabilitation Medicine. Milan: Edi.Ermes; 2020.