

# Stellate Ganglion Block

## Case Report

September 29, 2016

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### Diagnosis

Post-Traumatic Stress Disorder, Fibromyalgia, Chronic Pain in the Neck, Shoulders, Back, Hips, Knees and Heels

### Intro

On September 1, 2016, patient presented for the stellate ganglion block. She had reported years of depression, anxiety, and suicidality. Additionally, she had minimal relief from the pain treatments provided over the years, and it appeared that there was sympathetic-mediated pain involvement. After discussing the procedure with our staff, the patient requested to receive the treatment.

### Treatment

Needle approach planned by Dr. Shawn Tierney, who examined the anatomy around Chassaignac's tubercle and the path of the vertebral artery, which is posterior to the C6 anterior tubercle, over the stellate ganglion and radicular arteries, and about the C6 anterior tubercle. Dr. Tierney also confirmed the location of the fascial plane between the longus capitus and longus coli, just anterior to Chassaignac's tubercle, as well as the path of the C5 and C6 nerve roots.

Through ultrasound guidance, 7cc 0.5% Ropivacaine was injected by Dr. Jeremiah Maloney, Anesthesiologist, around the stellate ganglion on the right side of the neck. Anticipated Horner's syndrome was achieved within 5 minutes of completion of the block. Patient was observed for any post procedural complications and none were noted.

#### Follow-up

The patient's score on the PCL was 39 prior to the Stellate Ganglion Block on September 1, 2016, and is 40 after the Stellate Ganglion Block on September 29, 2016. At her follow up visit, patient no longer has the burning pain in her heel or in her knee. She did still have a hard time walking when she went shopping. She still has pain in the sacrum and low back that radiates to the left, but she does have improvement in the shoulder. She has less mental chatter and she feels calmer, but she is awaiting more time to determine lasting effects from the procedure.

#### Results

Figure 1. Patient's Self-Reported PCL-C, before and after the Stellate Ganglion Block

	Pre- Stellate	Post- Stellate
PCL Score	<b>39</b>	<b>40</b>
% Reduction in PTSD Symptoms	<b>58%</b>	

References: PCL-M for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division