

**Book Review**

 **Book Review: Atlas of Interventional Pain Management Procedures: A Stepwise Approach with Procedures Videos**

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*Atlas of Interventional Pain Management Procedures: A Stepwise Approach (With Procedures Videos)* edited by Drs. DK Baheti, S Gupta, S Bakshi, and RP Behdoo, is the dream project of the editors working over 12 years to bring this into the present format. Available from Jaypee Brothers Medical Publishing, New Dehli, London, 2022; ISBN-10: 9354655475; ISBN-13: 978-9354655470. This text, originating in India, may appear as if it is meant for Indian physicians, but the extremely high quality and practical content easily give it world-wide appeal. This manual, divided into 11 sections, starting with the basics of advanced pain management, draws from experts all over the world and exemplifies the role of interventional pain management. While it is divided into 57 chapters, it is accompanied by a DVD with step-wise guidelines for routine procedures. To top off the routine procedures under fluoroscopy, they also present ultrasound guided procedures both in written and video format, with the video format consisting of 11 ultrasound guided blocks and 16 routine procedures ranging from transforaminal epidural injections to transforaminal endoscopic discectomy.

This publication exemplifies the definition of interventional pain management as provided by the National Uniform Claims Committee (NUCC): “the discipline of medicine devoted to the diagnosis and treatment of pain related disorders principally with the application of interventional techniques in managing subacute, chronic, persistent, and intractable pain, independently or in conjunction with other modalities of treatment.” It also incorporates the definition of interventional techniques provided by the Medicare Payment Advisory Commission (MedPAC): “Minimally invasive procedures including, percutaneous precision needle placement, with placement of drugs in targeted areas or ablation of targeted nerves; and some surgical techniques such as laser or endoscopic discectomy, intrathecal infusion pumps and spinal cord stimulators, for the diagnosis and management of chronic, persistent or intractable pain.” While these definitions are already established in the United States, with a specialty designation from the Centers for Medicare and Medicaid Services (CMS) together with representation of interventional pain management on Carrier Advisory Committees (CAC) and multiple other venues, the progress in India, as evidenced by this book, is heartwarming.

This book focuses not only on the how, but briefly the why of interventional pain procedures, offering an abundance (400) of high quality, full-color illustrations to demonstrate the best techniques under fluoroscopic guidance as well as ultrasound. The text provides basic information, important tips, indications, equipment, drugs, contraindications and complications with case examples. It clearly illustrates the anatomical targets for each procedure and the appropriate needle placement and trajectory used

to reach each target.

Section 1 incorporates the basics of interventional pain management with fluoroscopy, radiologic anatomy, common image-guided procedures, magnetic resonance imaging for pain physicians, radiation protection, informed consent, protocols, role of investigations, and medications for interventional pain treatment procedures.

Section 2 incorporates head and neck blocks and includes trigeminal nerve block and percutaneous cervical cordotomy.

Section 3 incorporates cervical spine procedures with interlaminar, cervical medial branch blocks and cervical medial branch radiofrequency ablation in multiple positions.

Section 4 addresses the chest and thoracic region incorporating intercostal nerve blocks as well as intrapleural blocks.

Section 5 focuses on the lumbosacral spine and incorporates caudal epidural injections, interlaminar epidural injections, transforaminal epidural injections, medial branch blocks and radiofrequency ablation, sacroiliac joint blocks and radiofrequency neurotomy, along with fusion, piriformis tendon and muscle injections, pudendal nerve blocks, and finally coccygeal nerve blocks.

Section 6 targets sacral nerve stimulation.

Section 7 includes peripheral nerve blocks, radiofrequency neurotomy of the suprascapular nerve, management of tennis elbow, hip joint injections, greater trochanteric bursa injections, popliteal nerve blocks, and calcaneal spur injections.

Section 8 is dedicated to sympathetic blocks including stellate ganglion blocks, splanchnic plexus blocks under fluoroscopy and CT guidance, celiac plexus block under fluoroscopy, lumbar sympathetic blocks, as well as superior hypogastric plexus, and ganglion impar blocks.

Section 9 is dedicated to ultrasound guided blocks, suprascapular nerve blocks, brachial plexus blocks utilizing the supraclavicular approach, thoracic paravertebral blocks, ultrasound-guided transverse abdominis plane blocks, lumbar plexus blocks, lateral femoral cutaneous nerve blocks, sacral plexus blocks, and pericapsular nerve blocks.

Section 10 illustrates ultrasound guided dry needling.

Section 11 is the final section and deals with advanced pain management including spinal cord stimulation, intrathecal drug delivery systems, transforaminal endoscopic discectomy and kyphoplasty.

There are multiple books available illustrating interventional pain procedural techniques; however, this book exemplifies these procedures by extremely useful images and technical considerations which amplify the text. The images are of excellent quality both in the printed version and the e-book, but most especially in the videos.

In conclusion, the Atlas of Interventional Pain Management Procedures: A Stepwise Approach (With Procedures Videos) is an excellent text, adding to the world-wide literature, providing a text of procedural guidance, serving as a valuable tool in performing interventional pain procedures, not only for pain fellows and novice practitioners, but also well-trained interventional pain physicians.