

# Sodium Channel Blocker

**Sodium channel** blockers are **drugs** that impair the conduction of **sodium** ions (Na<sup>+</sup>) through **sodium channels**.

The role of Sodium Channel blockers and **steroids** is well-established for pain relief in **neuropathic pain** by reducing inflammation and **desensitization** of **nerve roots**. A study aims at analyzing the effectiveness of multimodal cocktail injections for **radicular pain** relief & **functional outcomes** in patients with **intervertebral disc herniation**.

This was a Mixed design (prospective & retrospective) cohort study; they included 113 patients between the age group of 18-70 years, diagnosed with Prolapse of **intervertebral disc** (PIVD) with lower limb **radiculopathy** with MRI finding L4-L5/L5-S1 vertebral disc involvement. Patients were injected with a total of 15 ml of cocktail injection in 3 divided doses at 3 identified sites in the affected **lower limb**. . Patient was examined & evaluated clinically for **VAS** pain score, SLRT, Sensory, and Motor Examination on day 2, day 7, day 15 & after 1 month.

They found that the mean pre-VAS score was 7.83 followed by the mean VAS score on post-2 days was 1.05, post-7 days was 3.47, post-15 days was 3.9, and post-30 days was 3.81. There was a statistically significant difference in the mean VAS score (p-value<0.0001). After the one-month majority of patients (54.62%) had a comfortable painless walk and the comfortable walking distance increased up to 1 km in 45.37% of them.

The use of cocktail multimodal injections for **radiculopathy pain** suggests that this non-operative, OPD-based technique could be reasonable, efficient, and safe <sup>1)</sup>

<sup>1)</sup>

Kumar M, Bhushan B, Vaishy A, Kishan R, Fageria RS, Repaswal A. Multimodal cocktail analgesic injection in PIVD with lower limb radiculopathy - A mixed design cohort study. J Clin Orthop Trauma. 2022 Oct 21;35:102049. doi: 10.1016/j.jcot.2022.102049. PMID: 36387936; PMCID: PMC9663881.

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