Introduction:
Ischial bursitis is an often overlooked cause of buttock pain. We present our experience with a new technique for ultrasound guided ischial bursa injection.

Case Series:
There was a total of three patients with buttocks pain in our study. In two patients, the non painful side was scanned for comparison to demonstrate the degenerative changes on the painful side. The patient placed in the lateral position and ultrasound was used to identify the ischial bursa as the pain generator. The skin area was prepped with chlorhexidine and a sterile technique was used to insert the 27 Gauge, 1.25 inch needle into the bursa within the plane of the ultrasound probe. The anesthetic injected was 1ml of 1% Lidocaine or 1-3 ml of 0.25% Marcaine in combination with an anti-inflammatory. The steroid injected was 0.5-1 ml of Dexamethasone (Decadron) - 10mg/ml or 0.5 ml Methylprednisolone (Depo-Medrol) - 40mg/ml. The low frequency transducer did not consistently provide a clearer image of the ischial bursa. The ultrasound guided ischial bursa injection was performed with pain relief within minutes. There were no paresthesia or leg weakness following the injections.

References:

Discussion:
Ultrasound guidance is beneficial in numerous ways. There is reduced radiation exposure compared to fluoroscopic guidance. We can precisely inject into the bursa. There is better visualization of the sciatic nerve and surrounding vessels. We can compare a normal and a degenerated bursa if the pain is unilateral. There is no need to use a low frequency probe to visualize the bursa.

Patient Information:
There was a total of three patients in the study with a total of six injections performed. Each patient had the procedure repeated once with a prolonged benefit. The duration of benefit ranged from 2 weeks to 5+ months. The average age of the patient was 69.6 years old. The age range was between 52 and 83 years old. All of the patients were female. The average pre-procedure pain score was 5.8 out of 10 (visual analogue scale) The pre-procedure pain scale ranged from 3/10 to 9/10. The average post-procedure pain score was 1.5 out of 10 (visual analogue scale). The post-procedure pain scale ranged from 0/10 to 5/10.

Conclusion:
Ultrasound guided ischial bursitis injections are an easy and safe method. Unlike fluoroscopy, unintentional sciatic nerve block can be avoided with this technique.