Preface

Pain is the most frequent cause for patient–physician contact. The patient expects rapid relief and freedom from pain. The more efficient the relief, the more successful the physician is felt to be.

Besides elimination of pain-producing causes, elimination of pain itself is the ultimate ambition of therapy. This should take place rapidly, with few side effects, simply, and at little cost.

Pain treatment through local anesthetics is one of the most efficient and fastest-acting pain treatment options. A prerequisite is knowledge of the exact techniques and indications, as well as the risks. Injections are invasive procedures and require precise execution. Pain symptoms and patterns encountered in daily practice are manifold and often difficult to associate causally. Among the various pain patterns that present themselves in daily practice, some typical, constantly recurring patterns emerge. The typical clinical pain pattern allows exact assignment of a suitable injection treatment.

In this book, physicians will find symptom-oriented “cookbook-style” directions, which provide easy recognition and indication of the approach. Both circumscribed pain of singular origin and complex pain syndromes can be managed effectively and rapidly.

Owing to the great number of didactical illustrations, it is possible to perform injection treatments with little preceding experience. Risks are discernible in regard to technique and location and concomitant treatments are listed. This enables the practitioner to rid the patient of pain in a fast, efficient, and low-risk manner.

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