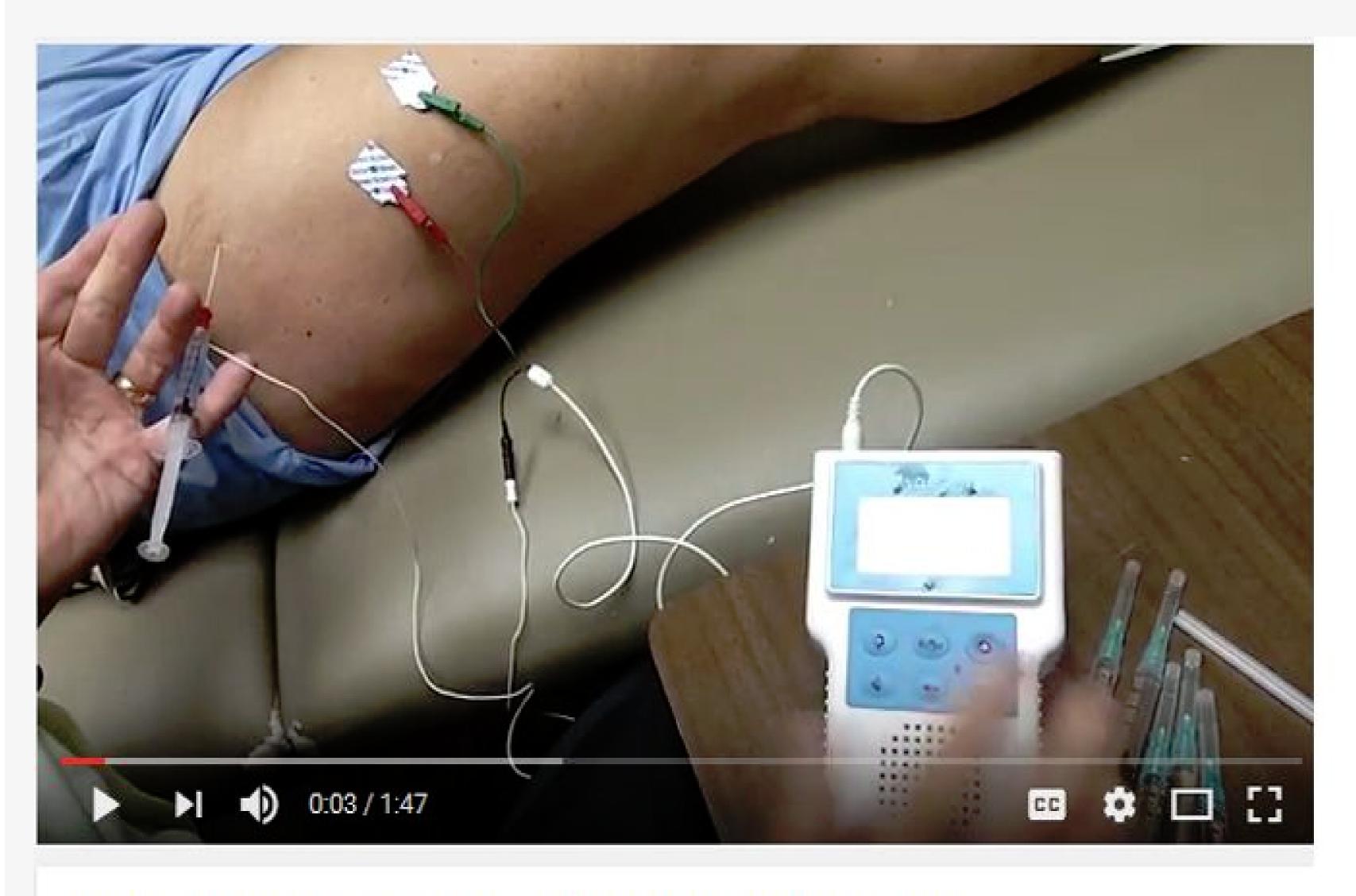


OME CLICK FOR PROCEDURE VIDEO

## PHYSICIAN CMECD® PROCEDURE INFORMATION SITE

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IT Band Syndrome Treated With CMECD Procedure

## CMECD.info

## PHYSICIAN REQUIREMENTS

No epidural injection experience is required, as the spine is never penetrated. Joint injections are also not performed. Any office based trigger point injection experience is adequate. With experience a comfort develops in the use of 2.5 to 3 inch EMG injection needles to do deep muscle injections especially in the low back and piriformis. The EMG tracing showing spontaneous electrical activity (SEA) identifies the muscle in chronic spasm. Small doses of the injection cocktail are given to essentially infuse the muscle diffusely. Residual pockets of SEA should be sought and treated. Injection should be extended into adjacent sites of SEA when possible to fully treat the muscles that are functioning together.

## Equipment Required

While full functioning EMG equipment can be used, smaller hand held units, especially those with sound and screens are adequate. The Myoview by Intronix is pictured above and is entirely adequate. EMG injection needles, such as those supplied by AMBU work well. An alcohol spray to numb and clean the site for injection is useful. Most injections are best performed with the patient is a standard massage chair which allows full relaxation of most muscles potentially being treated including the piriforim. Standard EKG electrode tabs can be used. Phenoxybenzamine can be obtained, sent overnight, compounded with a low dose of dexamethasone from Millers Pharmacy in NJ, shipped to any state, 888-891-3334 for \$50 per treatment vial. Onsite dilutions with equal amounts of 2% lidocaine are then performed prior to injection.