

DECONSTRUCTING THE ESI BUILDUP

First Hour

I. Epidural Steroid Injections (“ESI’s”) [0.2 HRS]

- A. Defining ESI’s
 - Three Types of ESI’s
 - 1. Interlaminar
 - 2. Transforaminal
 - 3. Caudal
 - (i) X-ray / fluoroscopy and C-Arm
- B. History of Epidural Medication Injections
- C. Stated Goal for ESI’s

II. Acute vs. Chronic Conditions [0.2 HRS]

- A. Defining Acute Conditions
- B. Defining Chronic Conditions
- C. Why is it important to differentiate between these two Conditions?

III. How Do You Pronounce That? [0.2 HRS]

- A. Spinal Stenosis
- B. Spondylosis
 - 1. Spondylitis
 - 2. Spondylolithesis
- C. Herniated / Degenerative Discs

IV. Common Conditions Treated by ESI’s [0.2 HRS]

- A. Spinal Stenosis
- B. Spondylosis
- C. Herniated / Degenerative Discs
- D. Sciatica

V. Degenerative Disc Disease Overview [0.2 HRS]

- A. “The Degenerative Cascade” of Degenerative Disc Disease
- B. Demographics

Second Hour

VI. Osteoarthritis (OA) / Rheumatoid Arthritis (RA) / Disc Desiccation / Osteophytes [0.2 HRS]

- A. What is OA (i.e. degenerative disc disease)?
 - 1. Who has OA?
 - 2. How does OA affect people?
 - 3. What areas of the body does OA affect?
 - 4. Where are most ESI's performed?
- B. What is RA (i.e. immune system attacks)?
- C. What is disc desiccation?
- D. What are bone spurs (osteophytes)?

VII. Initial Proactive Analysis [0.2 HRS]

- A. Determine “acute” vs. “chronic” as the injury or injuries are documented in the medical records.
- B. How is the pain documented? AXIAL vs. RADICULAR (RADICULOPATHY)
- C. What causes most radicular pain?
- D. Orthopedic/Neurological Tests

VIII. Case Studies [0.5 HRS]

- A. Case 1: Typical ESI Buildup
- B. Case 2: Impeachment through social media posts
- C. Case 3: Excerpt from deposition of expert witness regarding measurement variances in MRI readings.
- D. Case 4: Aging-associated diseases presented as acute conditions.

IX. Legal News: *In re Allstate* [0.1 HRS]

- A. Effect: Proving up past medical expenses by affidavit much more difficult than under approach previously applied.