E-Poster

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Ultrasound-Guided Nerve Block for Neuroma Pain in a Transradial Amputee: A Case Report

Topic: Pain

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BACKGROUND

Neuromas are a common cause of chronic neuropathic pain in amputees, often leading to phantom limb pain and functional impairment. Conservative treatment with analgesics may not provide sufficient relief. Ultrasound-guided nerve blocks have emerged as a promising alternative for pain management in these patients.

CASE DESCRIPTION

A 73-year-old male, who underwent a right transradial amputation three years ago due to a hunting accident, presented with persistent phantom limb pain. Despite medical treatment with tapentadol (50 mg/12h), pregabalin (150 mg/12h), and amitriptyline (15 mg/24h), he reported partial pain relief with a DN4 score of 7/10 and 14/24 in LANSS scale. The patient had poor tolerance and limited functional use of a mechanical prosthesis with a terminal hook. A diagnostic and therapeutic ultrasound-guided nerve block was proposed. Examination revealed a hypoechoic mass in the medial aspect of the upper arm, with a positive Tinel sign upon sonopalpation. Under ultrasound guidance, a nerve block was performed using 5 cc of bupivacaine, 1 cc of triamcinolone, and 2 cc of saline. Three months post-procedure, the patient reported a significant reduction in pain frequency and intensity, with decreased electric shock sensations and stabbing pain. His DN4 score improved to 3/10 and 9/24 in LANSS. The patient was satisfied with the outcome and did not seek further interventions. Radiofrequency ablation was considered as a future treatment option if symptoms reoccur.

DISCUSSION

Ultrasound-guided nerve blocks are effective for managing neuroma-related pain in amputees, providing significant pain relief and improving quality of life. This case highlights the potential of minimally invasive interventions to reduce neuropathic pain when pharmacologic therapy alone is insufficient. Further studies are needed to establish long-term efficacy and optimal treatment protocols.

CONCLUSION

Ultrasound-guided nerve blocks are a viable option for patients with neuropathic pain due to neuromas. This case demonstrates significant symptom relief and suggests that early interventional approaches should be considered in refractory cases.

Statement of Disclosures

Not applicable

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