Intradiscal Methylen Blue In The Treatment Of Chronic Discogenic Low Back Pain. Comparative Ambispective Study

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Intradiscal Methylene Blue. Introduction

There is no consensus on the treatment of chronic low back pain of disc origin in the medical literature.

Recent publications have highlighted the success of intradiscal injection of methylene blue (IIMB), but it is not clear whether the results of these previous studies are of sufficient strength to warrant specific recommendations.

The aim of this study is to evaluate and compare the efficacy of IIMB, caudal epidural steroid injections (CESI) and oral non-steroidal anti-inflammatory drugs (NSAID) in reducing pain and improving the associated disability.
Intradiscal Methylene Blue. Material and method.

Quasi-experimental, ambispective comparative study of historical control groups of 73 patients with chronic low back disc pain and MR evidence of degenerative disc disease according to Pfirrmann et al. description.

- 27 patients treated by means of IIMB (IIMB-Group)
- Were compared with 25 patients treated with NSAIDs/rehabilitation (NSAIDs-Group)
- And 21 patients who received fluoroscopy guided caudal epidural steroid injections (CESI-Group) from a previous study published by the authors*.

All patients were clinically evaluated at 4, 12 and 24 weeks

Back pain measured by visual analog scale (VAS) reflected an improvement in all groups, being significant only in patients included in the IIMB-Group (p<0.05).

Regarding the Oswestry Disability (ODI) questionnaire, at the end of the follow-up:

- patients included in the IIMB-Group demonstrated greater functional recovery (35.00) that was statistically significant (p<0.05);
- patients included in the CESI-Group showed no significant improvement (26.24)(p>0.05);
- and patients included in the NSAIDs-Group showed functional worsening (35.04).
At the end of follow-up, patients undergoing Interventional therapies (IIMB/CESI) showed:

- a much higher level of global satisfaction than those who received only anti-inflammatory analgesic treatment.
- and even a high percentage of them would undergo the same treatment again.
Intradiscal Methylene Blue. Conclusion.

The results from the present study suggest that IIMB could be an effective alternative for the treatment of chronic low back pain of disc origin, achieving superior results in pain relief, quality of life and function improvement than those obtained with other therapies.
**Intradiscal Methylene Blue.**

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