

Periarticular injection superior to epidural analgesia in TKA

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(HealthDay)—For patients undergoing total knee arthroplasty, periarticular injection is superior to epidural analgesia for pain control, according to a study published in the Sept. 3 issue of *The Journal of Bone & Joint Surgery*.

Sachiyuki Tsukada, M.D., from Nekoyama Miyao Hospital in Niigata, Japan, and colleagues conducted a prospective, randomized controlled trial involving 111 patients scheduled for unilateral [total knee arthroplasty](#) to compare the clinical efficacies of epidural analgesia and periarticular injection. All patients were managed with spinal anesthesia and were treated with identical surgical techniques and [postoperative medication](#) protocols.

The researchers found that the periarticular injection group had a

significantly lower area under the curve for pain score at rest in the intention-to-treat analysis ($P = 0.0059$). The mean [knee](#) flexion angle was small, but significantly better at postoperative days one and two in the periarticular injection group versus the epidural analgesia group (64.2 versus 54.6 degrees [$P = 0.0072$] and 70.3 versus 64.6 degrees [$P = 0.021$], respectively). The periarticular group experienced significantly lower incidence of nausea at postoperative day one (4.0 versus 44.3 percent; $P = 0.0072$). "Compared with epidural analgesia, periarticular injection offers better postoperative pain relief, earlier recovery of knee flexion angle, and lower incidence of nausea," the authors write.

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