

PRF Parameters meeting 13.04.2024 (LEIDEN CONSENSUS)

	Electrode type / tip	PRF mode (STP or max duty load)	Exposure time	Voltage	Impedance
DRG	10-10 (lumbar)	STP or max 25 ms/sec	6 minutes	35 Volts	200 - 400 Ohms
	6-10 (cervical)	STP or max 25 ms/sec	6 minutes	35 Volts	200 - 400 Ohms
Medial branch					
> Cervical	6-10	STP or max 25 ms/sec	4 minutes	40 Volts	200 - 400 Ohms
> Thoracic	10-10	STP or max 25 ms/sec	4 minutes	40 Volts	200 - 400 Ohms
> Lumbar	10-10	STP or max 25 ms/sec	4 minutes	40 Volts	200 - 400 Ohms
Intra articular					
> Small	6-5	STP or max 25 ms/sec	8 minutes	40 Volts	200 - 400 Ohms
> Large	10-10	STP or max 25 ms/sec	12 minutes	40 Volts	200 - 400 Ohms
Peripheral nerves	6-10 or 10-10	STP or max 25 ms/sec	4 minutes	40 Volts	200 - 400 Ohms
SI Joint	10-10	STP or max 25 ms/sec	12 minutes	40 Volts	200-400 Ohms
Sacral PRF	10-10 or 15-15	STP or max 25 ms/sec	10 -20 minutes (depending on tenderness)	45 Volts	200-400 Ohms
Disc	15 - 15	STP or max 25 ms/sec	15 minutes	40 Volts	200-400 Ohms Sensory testing, when 1.5 Volts and sensitive, positive indication When injection of disc antibiotics prophylactic

Needles: 20 - 23 Gauge

Corticosteroids: NO

Local Anesthetics: YES (1 ml; 10-20 mg/ml lidocaine)

Inasive PRF is prerformed monopolar (exception for pacemaker)

Area to be treated in between needle tip and dispersive / directional plate

Needle close to the nerve (stimulation at <0.5 Volts)