

INFORMATION ABOUT YOUR PROCEDURE

TRIGGER POINT INJECTION

How we do the procedure

A **trigger point injection** is an injection directly into an area of muscle that is chronically contracted, tense, or in spasms. The tense muscle fibers are easily felt beneath the skin and may jump when stimulated. We will locate the muscle spasms that are causing your pain. The doctor or nurse practitioner will inject a solution containing a muscle relaxant and local anesthetic agent into the muscle spasms to bathe the structures that are inflamed. The medication causes the muscle to relax so that blood flow can get into the area and remove lactic acid and other by-products that have built up. Physical therapy that can correct muscle imbalances is the cure for myofascial pain. The trigger point injections are an aide to relax the spasms so that you can advance in physical therapy and achieve long-lasting relief.

What to expect

You will have little pain on injection, since we are using a very small needle. The area around the injection may get numb. This should last for several hours and gradually wear off. During the period of numbness and muscle relaxation, you should perform your physical therapy exercises to help prevent the spasms from coming back as severe as before the injection. Your physical therapy exercises are the cure for your myofascial pain. These injections will aid you in that process.

Risks

The risks include bleeding, infection and a reaction to any of the medications used for the procedure. We use alcohol to cleanse the area to avoid infections. If you are taking a "blood thinner" (anticoagulant), we will give you special instructions before the procedure to avoid excess bleeding.

With injections to the chest, there is a risk of deflating the lung. Special precautions are taken to prevent this.

Safety Precautions

You may feel shaky or dizzy for several minutes after the injection.