# Trigger Point Injections

## What are trigger point injections?

A trigger point injection is an injection of medication that helps relieve muscular pain.
It can be used to treat:

- Trigger points
- Muscular pain

Trigger points are located in different areas of the body in the muscles. A steroid medication and local anesthetic are injected into each of these spots after they have been palpated (felt by the physician) which can help reduce pain in that area.

## How are trigger point injections performed?

The physician will palpate (feel) the spots where your pain is located, and you will be place in a comfortable position in the exam room. The appropriate spots will be cleaned using alcohol-based solution. A very small needle will be placed into the skin and steroid and local anesthetic (numbing medicine) will be injected at each painful spot.
Usually, the procedure takes less than 30 minutes, and you can go home the same day.

## How effective are trigger point injections?

Some patients report pain relief immediately after the injection, but the pain may return a few hours later as the anesthetic (numbing medicine) wears off. Longer term relief usually begins in two to three days, once the steroid begins to work.

## What are the risks?

The risk of complication from a trigger point injection is very low. However, there could be bruising or soreness at the injection site. Serious complications, including infection and bleeding, are uncommon.

## What happens after the procedure?

Your muscles may feel numb or "different," and you may begin to feel less pain.
You can continue your regular diet and medications immediately, but do not drive or do any rigorous activity for 24 hours after the procedure. Take it easy. You can return to your normal activities the next day.

**Are trigger point injections the correct treatment for you?**

Trigger point injections may be appropriate for you if you have palpable tender spots in muscles. Talk to your physician about your symptoms and he/she will help decide what is right for you.