

Trigger Point Injections

What is a trigger point?

- A trigger point is an irritable/painful muscle band or palpable knot in a muscle that can cause localized pain or referred pain.
- Referred pain from trigger points can mimic pinched nerves in the spine.
- Trigger points can occur from direct muscle injuries, poor posture, repetitive strain, or from spinal conditions such as a herniated disc.

Why would this injection be helpful?

- Trigger point injections can help relax the area of intense muscle spasm. By relaxing the muscle spasm, blood flow to the area is improved, thus allowing the washout of irritating metabolites and helping to reduce pain.

Risks and side effects?

- Your provider will discuss risks and side effects with you at the time the procedure is ordered.
- Common short term side effects may occur including numbness, weakness, or increased pain.

What happens during the procedure?

- You must arrive 30 minutes prior to your scheduled appt. The nurses will ask you medical questions, have you sign your consent, and review your medications.
- You will be asked to show us where your most painful areas/trigger points are.
- The procedure is typically done under ultrasound guidance.
- The nurse will monitor your vital signs throughout your procedure.
- Your skin will be washed with an antiseptic solution.
- After reviewing your most painful areas, the provider will direct a small needle with medication into the muscle. Medication may include local anesthetic (numbing), saline, and/or steroid. Your provider will determine what medication is used. If steroid is used, it can take several days to a week to take effect and each individual patient may respond differently. On average, results may last up to 2-3 months.
- Patients may have multiple injections into different trigger points in one visit.

What happens after the procedure?

- You will go to the recovery room for monitoring until discharge criteria is met.
- Follow your discharge instructions.
- A nurse will call you the next business day after your procedure to check on you further and discuss your relief.
- Keep in mind if steroid is used, it can take several days to a week to take effect.