

TRIGGER POINT INJECTION

Definition: A trigger point injection involves placing an anti-inflammatory agent and a numbing medicine close to irritated (inflamed) muscles or tendons. These areas are usually painful to touch. This will block the pain message, reduce swelling, and promote healing.

Reasons for Treatment: Considerable experience and studies have shown that this treatment is effective in relieving some types of pain.

Procedure: The treatments are usually done in a series. We will assist you into the proper position. The injection site will be cleansed with an antiseptic solution. You may feel a pinch and a burning sensation as the medicine is injected. The nurse will assist you into the recovery position and, in several minutes, prepare you to go home. You will be monitored during this time and any questions will be answered. You will be given an appointment for your next visit. You may experience soreness for several days after these injections. Our physicians are on call twenty-four hours a day. If you have a problem, please contact Headache and Pain Center.



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