

TRIGGER POINT INJECTIONS



What are Trigger Point Injections?

A Trigger Point Injection (TPI) is an outpatient procedure that is designed to reduce or relieve the pain of trigger points. Trigger points are small, tender knots that can form in muscles or the fascia (the soft, stretchy connective tissue that surrounds muscles and organs). A Trigger Point Injection is an effective, non-surgical procedure for pain that only takes a few minutes to complete right in our office.

Trigger Point Injections are used to treat several different groups of muscles and conditions that cause pain. Some of the most common include:

- Lower back pain
- Neck Pain
- Tension headaches
- Myofascial Pain Syndrome
- Other chronic pain conditions

How is a trigger point injection performed?

A trigger point injection is a relatively painless procedure. First, the physician will locate the trigger point by gently squeezing the skin to find the taut “ball” of muscle or fascia. Once the trigger point is located, the skin is cleaned and a topical anesthetic is given to minimize the discomfort of the injection. The needle is then inserted into the trigger point, and anesthetic (sometimes combined with a corticosteroid) is injected. The anesthetic causes the trigger point to relax. A bandage is placed over the injection site, and in most cases, patients are free to return to work or home.

How effective are trigger point injections?

The most commonly treated regions are muscle groups of the arms, legs, neck, and lower back. Trigger point injections may also be used to treat tension headaches and fibromyalgia. Depending on the cause of your trigger point, a TPI may be a permanent solution or it may just offer pain relief for several weeks or months. A general rule of thumb is if you still are not experiencing relief after two or three injections, then we will look for alternatives for your pain management.

In Pain? We Can Help.

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