



Southeast Spine  
and Pain Associates

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## Trigger Point Injection

15 minutes

Driver Optional

### *About your procedure:*

Trigger point injections are an effective treatment modality for inactivating trigger points and providing prompt relief of symptoms from myofascial pain syndrome. Myofascial pain syndrome is a common painful muscle disorder characterized by myofascial trigger points. This syndrome is distinct from fibromyalgia syndrome, which involves multiple tender points, though the two pain syndromes may be concurrent.

Myofascial trigger points are a major cause of pain and dysfunction. They produce pain focally and in a referred pattern and often occur in conjunction with chronic musculoskeletal pain disorders. Various modalities for the treatment of trigger points include spray and stretch, ultrasound, manipulative therapy, and trigger point injections.

Not all trigger points require injection or needling. Many active trigger points will respond to physical therapy, especially in the early stages of trigger point formation. However, for chronic trigger points, trigger point injection and needling is an effective treatment.

Read More: <http://emedicine.medscape.com/article/1997731-overview#a1>

### *Instructions:*

- Stop any anti-coagulants (blood thinners) as advised by your physician.
- All procedure preparation instructions must be followed by the patient, or the physician reserves the right to reschedule your procedure.
- Inform your physician before your procedure if you are or could be pregnant.

### *What to expect:*

- If you experience an increase in pain the day following your procedure, remember that this is normal. This pain is due to the local anesthetic from your procedure wearing off.
- Pain relief varies by each patient. Some patients experience relief immediately after the procedure, and some patients may require a few days for the procedure to take effect.

### *Complications to look for:*

- Numbness, weakness, or tingling in your limbs (arms & legs) lasting greater than 24 hours
- New or unusual headaches or neck stiffness
- Unusual swelling or redness around the injection site
- If you experience any of these symptoms, please call our office at (865) 633-9469.
- If you experience difficulty breathing, chest pain, or any emergency, please call 911 or go to the nearest emergency hospital.