



### Trigger Point Injections

<b><i>What is it?</i></b>	A trigger point is a specific area that is painful when it is touched or pressure is applied. Injections can be administered to these areas.
<b><i>Why is it done?</i></b>	Trigger point injections are performed to relieve pain, minimize spasm, and diminish inflammation that originates in a muscle and/or its attachments. The muscle may be torn, have spastic areas or have tender knots. Two or more injections are performed in a series, and physical therapy and/or other treatments are prescribed at the same time.
<b><i>How is it done?</i></b>	A small needle is used to access tender areas of your muscle. A combination of local anesthetic (numbing medication) and cortisone (anti-inflammatory medication) is then injected into these tender areas. This procedure can be uncomfortable since the area where the needle is placed is already painful to the patient. A small band aid is applied, and may be removed at your discretion.
<b><i>Is there any preparation?</i></b>	There is no preparation required. The procedure is done in the office. You may drive yourself home afterwards.
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<b><i>How long does it take?</i></b>	The procedure takes 5 to 10 minutes. You will be able to leave immediately following the procedure.
<b><i>Risks</i></b>	The risks of this procedure include , but are not limited to : <ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* A reaction to the local anesthetic. These reactions generally do not require further treatment.</li> <li>* Punctured lung resulting in lung collapse (pneumothorax). This may require hospitalization and insertion of a chest tube.</li> <li>* Bleeding in the injection area.</li> <li>* Infection in the injection area.</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>