

Trigger Point Injection

Trigger point injections are used for muscular pain and spasm. Primarily, or as a result of abnormal nerve input, some muscles in the body develop small areas of spasm and pain called *trigger points*. With careful examination, these areas can be identified. Massage, stretching, gentle exercise, and heat can improve these areas. Occasionally, injections are needed to relieve the spasms.

Trigger point injections are performed with local anesthesia and no sedation is usually required. Typically, a long lasting local anesthetic and a corticosteroid medication (anti-inflammatory) are used for the injection. Massage, heat, and sometimes ultrasound are used post-injection.

Before the injection, please confirm if you have diabetes, take blood thinning medications, or have experienced a reaction to cortisone or local anesthetics. After the procedure, you may have soreness at the site of the injection and experience mild worsening of your usual pain. You should rest the day of the injection, but no specific restrictions are necessary.

If you have fever, chills, substantial worsening of your pain, new numbness or weakness, or other troubling symptoms, please call our office at any time at 707-252-9660.