



Trigger Point Injections

Between each muscle fiber is a fascial layer. This layer can become inflamed and cause pain. For pain in muscles anywhere on the body, a trigger point injection can be both diagnostic and therapeutic. This injection can confirm that the fascia in between the muscle fibers is indeed the source of the pain and it can help relieve inflammation and pain in those areas.

STEP 1

A small area of skin is numbed with a local anesthetic.

STEP 2

Guided by ultrasound, a needle is placed into the fascial layer.

STEP 3

A combination of a numbing anesthetic and anti-inflammatory steroid medication is delivered to the muscle layers (fascia). Depending on the location of the pain, one or more injections may be given. If the pain subsides after the injection, this suggests that the muscle fascia is the cause of pain.

END OF PROCEDURE

Pain may disappear immediately after a successful trigger point injection. However, once the numbing effect of the anesthetic wears off, pain may return. It can take 5-10 days for the anti-inflammatory effects of the steroid to fully alleviate pain. The effects of the injection can last weeks. Up to three injections can be given over a 6-week time period.