

# TRIGGER POINT INJECTION

is a procedure done in the office for chronic muscle spasms causing pain. This information has been provided by your provider so you can better understand this procedure. Your provider will make the best recommendation for your specific needs.

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This pamphlet is for general education only. Specific questions or concerns should always be directed to your provider. Your provider can explain possible risks or side effects.



 2841 Lomita Blvd, Ste 205  
Torrance, CA 90505

 Tel (424) 254-3592

 Fax (424) 254-3593

 [munishlalmd@gmail.com](mailto:munishlalmd@gmail.com)

 [www.munishlalmd.com](http://www.munishlalmd.com)

# TRIGGER POINT INJECTION

for Muscular Pain



**PATIENT EDUCATION SERIES**  
**MINIMALLY INVASIVE SPINE PROCEDURES**

# TRIGGER POINT INJECTION

## for Muscular Pain

### What are trigger points?

Trigger points are localized muscle spasms or painful “knots” in your muscles. Muscle spasms occur when muscles become tight (contracted) for too long. This causes a decrease in oxygen to the muscle and prevents the muscle from healing.

### What is myofascial pain?

Trigger points are a type of myofascial pain. Myofascial pain is caused by the muscle itself and/ or the fascia (a type of connective tissue) that attach to the muscle. Sometimes myofascial pain feels like muscle tension. Other times it can be severe pain. The pain can be in a small area (local pain) or a large area (referred pain). Myofascial pain can occur in all body regions.

### What is a trigger point injection?

Trigger point injections may help treat chronic muscle pain related to myofascial trigger points. This procedure involves injecting medication

### What happens during an injection?

You will sit or lie down for this procedure, which only takes a few minutes. The provider will locate the trigger point and then insert a thin needle directly into the trigger point. When the provider is sure the needle is in the correct place, the medicine (numbing medicine and/or steroid) will be injected. This can help alleviate pain. You may have a number of trigger points injected during one visit.

### What happens after an injection?

You may feel immediate relief and numbness in the region that was injected for up to six hours after the injection. Your pain may return after this short pain free period, or may even be a little worse for a day or two. This is normal. It may be caused by needle irritation or by the medicine itself. Steroids usually take two or three days to start working, but can take as long as a week. You can usually return to work the day after the injection, but always check with your provider.

### How long can I expect pain relief?

How long you can expect pain relief depends on how many areas are injured and on the amount of inflammation. Sometimes an injection can bring several months of pain relief, and then more treatment is needed. Other times, particularly if there is no underlying disc or joint problem, one injection brings long-term pain relief.

If your pain is caused by injury to more than one area, only some of your symptoms may be helped by one injection. If this occurs, your pain provider will suggest several other treatments to help your pain.

### What are the risks of this procedure?

The risks of complication from this procedure are minimal. Complications such as infection or bleeding at the injection site are rare. Though, you may have temporary soreness or numbness at the injection site.

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