

Trigger Point Injections (Shots)

What is a Trigger Point?

When muscle tissue is unhealthy, damaged or stressed, movement may be painful and the muscle may be tender.

Irritation may be caused by:

- strain
- overuse
- emotional distress
- poor nutrition
- poor posture
- exposure to cold temperatures
- lack of regular exercise
- trauma.

As the muscle works to heal itself, swelling in the area can cause pain and tenderness. The muscle fibers shrink and twist. As a result, the area feels like a hard lump or it feels firm to the touch. This lump is a trigger point.

How is a Trigger Point Treated?

You will receive a medicine to numb the area being treated. At the same time, you may receive a steroid.

How often you receive treatments depends on your response to the injection and your doctor's treatment plan.

Your Appointment

Date: _____

Time: _____ a.m. / p.m.

With: _____

To cancel, please call the United Pain Center at 651-241-7246 at least 24 hours before your appointment.

What are the Complications?

Complications (or side effects) vary for each trigger point. Your doctor will talk with you about these side effects. You will be asked to sign a consent form before having a treatment.

The nursing staff will tell you about possible side effects after your specific trigger point injection.

What do You Need to Do Before a Treatment?

- Do not eat any solid food for 8 hours before the injection.
- You may drink clear liquids up to 2 hours before the injection.
- Take your regular medicine with a small sip of water.

(over)

- Arrange to have someone drive you home after the injection. You will not be able to drive.
- Tell the nurse if you are taking blood thinners (such as warfarin or heparin). You will receive special instructions.

What Happens After the Treatment?

- You will spend some time in the recovery room in the clinic. The staff will watch you for any negative reactions or side effects.
- You may have areas of numbness. This can cause problems if you try to lift or raise your hands over your head. You will need to have someone drive you home after your treatment.
- After a trigger point is injected, your pain may be relieved up to 12 hours by the numbing medicine. You may feel some muscle soreness, burning and numbness.

- Bruising around the injection site is common. Apply ice to the injection site three times a day for 20 minutes. (The bruising will go away in a few days.)
- Avoid heavy exercise.
- Avoid sitting for long periods of time.
- Do your stretching exercises as you are able.

When Should You Call the Clinic?

Call the clinic if you have these signs of infection:

- unusual swelling
- pain that gets worse
- warmth and redness at the injection site
- fever.

Whom To Call With Questions

For more information about trigger point injections, please call United Pain Center at 651-241-7246.