



NEUROSURGERY AND SPINE

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TRIGGER POINT INJECTIONS

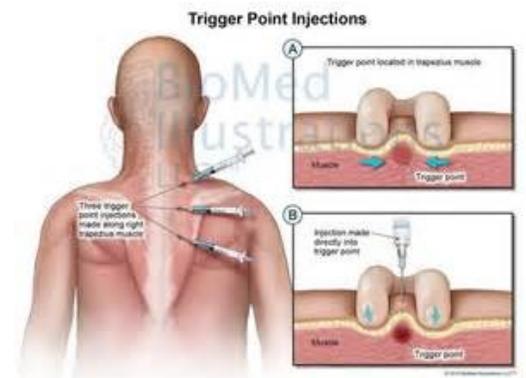
WHAT ARE TRIGGER POINT INJECTIONS?

The use of trigger point injections may be recommended by Axis providers to treat or manage temporary or chronic pain causing painful areas in a muscle.

The “trigger point” is a knot of muscle that does not relax and is very sensitive to the touch. When pressure is applied to the trigger point, there may be some pain at that spot, as well as in some other part of the body affected by the nerve being “triggered.”

WHAT IS IN A TRIGGER POINT INJECTION?

The injection contains a long-acting pain reliever to help relieve muscle spasms and the feeling of tightness in the general area affected by the trigger point. The provider may also include a short acting pain reliever such as Lidocaine if they feel it may be beneficial to your immediate pain level.



TRIGGER POINTS ARE COMMONLY FOUND IN THE:

- In the neck
- In the upper back
- In the lower back
- In the buttocks

COMMON CAUSES OF TRIGGER POINTS AND THE RELATED PAIN ARE:

- Injury
- Strain from every day activities
- Poor body mechanics
- Certain activities
- Certain body positions

HOW TRIGGER POINT INJECTIONS ARE GIVEN:



A trigger point injection is quick and simple. The provider will examine you to find the trigger point by feeling around the area that hurts.

Some providers will mark the skin, while others will just clean your skin where the shot will be given and immediately give the injection. You should only feel some pinching as the needle is put through your skin. The doctor may massage the area to help the medicine get into the entire area around the trigger point.

BEFORE GETTING A TRIGGER POINT INJECTION, PLEASE TELL THE STAFF IF YOU HAVE ANY OF THE FOLLOWING:

- An allergy to latex or lidocaine
- An infection near the area where the shot will be given
- If you take aspirin or non-steroidal anti-inflammatory drugs such as Ibuprofen or Naproxen
- If you take any drugs to prevent blood clotting

WHAT ELSE DO YOU NEED TO KNOW?

- You may be referred to an occupational or physical therapist to learn exercises to reduce strain. Occasionally they may recommend the use of a brace or cervical collar.
- You should rest the area for a day or 2 after the shot. Avoid activities that may cause strain, such as:
 - Standing for long periods of time
 - Jogging
 - Lifting heavy objects
- Call the office if you:
 - Have a temperature of 100.4° F (38° C) or higher
 - Have increased pain, swelling, tenderness or redness
 - Have skin irritation
 - Have warmth, burning, or itching around where you got the shot
 - Develop any new or unexplained symptoms
 - Have any questions or concerns