

# **TRIGGER POINT INJECTIONS**

## **What is a Trigger Point?**

Normal muscle contracts and relaxes when it is active. A trigger point is a knot or tight, roply palpable band of muscle that forms when muscle fails to relax. The knot often can be felt under the skin and may twitch involuntarily when touched (called a jump sign or local twitch response). Trigger point areas may irritate the nerves around them and cause referred pain, or pain that is felt in another part of the body.

## **How are Trigger Points Treated?**

Trigger Point Injections, or TPI is a procedure used to treat painful areas of muscle that contain trigger points. Injection of medication inactivates the point and thus alleviates pain. Dry-needling, not to be confused with acupuncture, without anesthetic or saline can also be effective. The therapeutic effect of dry needle stimulations relies on mechanical disruption or direct stimulation of trigger points.

## **Are TPI Procedures Recommend for You?**

Trigger point injections are offered to qualified patients. This is part of our standard treatment protocol for medical pain management services, to assist patients in getting back to their quality lifestyles.

## **How Many Do We Recommend?**

We recommend an average of 1 trigger point injection per week for 12 weeks. Our protocol is as follows:

- 4 weeks of injections 2 times a week
- 4 weeks of injections 1 time a week
- 4 injections every other week

Monthly, we reevaluate your treatment plan for continued TPI treatment, and continue treatment only if TPI continues to benefit your condition.

## **What to Expect From TPI?**

Results will vary from patient to patient. Most patients will notice improvement within the first 2 weeks of getting the injections. It is extremely important to follow the protocol treatment plan, so that the series of injections have a longer lasting effect.

## **What are the Benefits of Getting TPI?**

The TPI injections, in conjunction with neuromuscular integration (chiropractic and osteopathic manipulation) and massage therapy is a most effective treatment to reduce pain and inflammation, and helps patients get back to a quality lifestyle. The greatest benefit to patients will be a reduction in pain, and an increased range of motion in their effected muscles and joints.