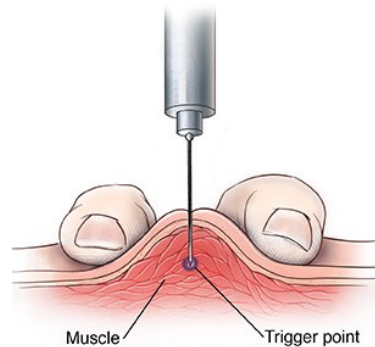




ROCK POINT MEDICAL CLINIC

Trigger Point Injections Dr. Jason Chhina



What is a trigger point?

- Normal muscle contracts and relaxes when it is active.
- A trigger point is a discreet knot or tight, ropy band of muscle tissue that forms when muscles fail to relax. The knot often can be felt under the skin and may twitch involuntarily when touched (jump sign).

What is a trigger point injection?

- Trigger point injections are used to treat extremely painful and tender areas of muscle in order to help “break up” the tight muscle knot.
- Local anesthetic is injected into the trigger point in the muscle. Insertion of the small needle inactivates the trigger point and alleviates pain.
- Also continue active stretching and strengthening program to help prevent the trigger points from coming back.

What are the risks of the procedure?

- As with all procedures, there is a remote risk of bleeding, bruising, hematoma, swelling, localized infection and seeding infection into joint, damage to nerve and vessels in the area, needle breakage, flare up of pain or spasm, or allergic reaction to the medications used.
- If the injections are around your chest or upper to mid- back, a very rare risk of pneumothorax (collapsed lung).
- You may have increased pain for a few days after the local anesthetic wears off.
- It is possible to get some temporary numbness or weakness beyond the muscle that is injected if the medication spreads to a nerve. If this happens the numbness or weakness can last for hours.
- Like with any procedure, some patients may also develop a transient vasovagal reaction with temporary lightheadedness, dizziness, nausea, sweating and possibly fainting during the procedure that completely resolves

Will the injection be painful?

- The most effective trigger point injections are those that reproduce your typical pain on injection.
- Therefore, there is temporary discomfort/pain upon injection, but as it is local anesthetic (numbing medicine) being injected the discomfort or pain is short-lived.

What happens during the actual procedure?

- The doctor will first identify the area(s) to be injected. The skin is then cleansed with soluprep.
- A small needle is advanced through the skin into the muscle's tight band. The medication is then injected and the needle is removed. This process will be repeated in each trigger point.
- You may feel twitches in your muscle as the tension is released from the muscle knot.

How will I feel after the injection?

- Your pain may be improved immediately after the injection from the local anesthetic.
- Some local tenderness or soreness may be experienced for a couple of days after the injection.
- Applying heat for twenty minutes, three or four times a day will help this.
- You can take Tylenol as needed but should avoid NSAIDS. You may take your usual medications after injection.
- Having someone massage the area injected to help break up the spasm is helpful.
- Gentle stretching exercises of the involved area are also recommended.
- The full effect will not be felt until 1-2 weeks after so please be patient.

Anything to avoid after injections?

- Avoid strenuous exercise and heavy lifting few days after the procedure until the pain and soreness resolves.
- Make sure to stay hydrated.
- Continue physiotherapy and rehab 2-3 days after the procedure

For what reasons should I seek medical attention after the injection?

- If you develop signs of infection (fever, chills, wound drainage, redness), shortness of breath, or chest pain.
- Please contact my office or go to the nearest emergency room, or myself 1-604-615-4881 if you have any issues.