



Trigger Point Injection

What is it?

A trigger point is an “area” in the soft tissue or muscle that becomes very sensitive to touch or pressure. The area may feel like a tight band of muscle (like a rope with a knot in the middle of it). The spot is painful when the doctor pushes on it and may cause pain in other areas around the knot.

What is the purpose?

The purpose of the injection is to help break the cycle of pain by reducing the tension in the muscle long enough for it to improve. Trigger point injections are used to temporarily paralyze the muscle so it can relax and allow the blood to flow back into the area.

How is it done?

The doctor feels the most tender area. This may reproduce the pain. A local anesthetic (numbing medicine) and a steroid (anti-inflammatory medicine) combination are injected to break the cycle of pain. The injection takes a few minutes. You will be observed afterwards for 10 to 15 minutes.

What results can I expect?

Pain relief. It may be necessary to repeat the injection 2 to 4 times, for 1 to 2 weeks. Sometimes you may feel soreness at the injection site. Putting ice on those areas for 10 minutes at a time for the first 24 to 48 hours while awake often helps.

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