

## **Trigger Point Injections**

### **What is a trigger point injection?**

In a trigger point injection, an anesthetic (numbing medicine) and sometimes corticosteroid (anti-inflammatory medicine) are injected into one or several trigger points. The medication is injected to see if it temporarily lessens your pain. If it does, and helps you move better, it tells the provider the trigger point is at least one of the causes of your pain.

### **What happens during an injection?**

The provider will locate your trigger point and then inserted a thin needle directly into the trigger point. When the doctor is sure the needle is at the correct place, the medicine will be injected.

### **What happens after an injection?**

You may feel immediate pain relief and numbness in the region that was injected for up to six hours after the injection. Your pain may return after this short pain-free periods, or may even be a little worse for a day or two. This is normal. This may be caused by needle irritation or by the corticosteroid itself. There is usually take two or three days to start working, but can take as long as a week. You can usually return to work the day after the injection, but always check with your doctor.

### **How long can I expect pain relief?**

How long you can expect pain relief depends on how many areas are injured, and on the amount of inflammation. Sometimes an injection can bring several months of pain relief, and then more treatment is needed. Other times, particularly if there is no underlying disc or joint problems, one injection brings long-term pain relief.

If your pain is caused by injury to more than one area, only some of your symptoms may be helped by one injection. If this occurs, your pain provider will suggest several other treatments to help your pain.