



## TRIGGER POINT INJECTIONS

Trigger point injections are performed on an out patient basis for treatment of myofascial pain. This information sheet will provide you further details regarding this procedure.

### WHAT ARE TRIGGER POINT INJECTIONS?

Trigger point injections involve injection of local anaesthetic and steroid in to the tender points in the muscles of the neck and the back. The local anaesthetic calms the pain down and the steroid works as an anti inflammatory medicine.

### WHAT ARE TRIGGER POINTS?

Trigger points are discrete, focal, hyperirritable spots with in a taut band of skeletal muscle. Acute trauma or repetitive microtrauma may lead to development of stress on muscle fibers and formation of trigger points.

### WHY DO TRIGGER POINTS CAUSE PAIN?

Trigger points can result in build up of painful chemicals within the muscle belly. They can also trap or irritate surrounding nerves and cause referred pain.

### WHAT HAPPENS DURING THE PROCEDURE?

The procedure is performed under ultrasound guidance. The doctor will identify individual muscle layers and inject local anaesthetic and steroid in to the tender muscles.

The procedure is performed under local anaesthetic and you will remain awake during the procedure.

### WHAT HAPPENS AFTER THE INJECTION?

A nurse will monitor you for up to 30 minutes after the procedure.

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need some one responsible to take you home.

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

The procedure may not help in some cases. Your pain may be exacerbated for up to a week or sometimes longer from the steroid injection. We always warn you about serious side effects including infection, nerve damage and bleeding but these are extremely rare.

The doctor will discuss these side effects in more detail when you sign the consent form.

### HOW LONG CAN I EXPECT THE PAIN RELIEF TO LAST?

The duration of pain relief is variable and difficult to predict. The injection may last from a few weeks to several months. The aim is to break the pain cycle to enable you to engage in a rehabilitative process, which is the mainstay of treatment for chronic pain.

### IS THERE ANY THING SPECIFIC THAT I NEED TO INFORM THE DOCTOR ABOUT PRIOR TO THE PROCEDURE?

You should always tell the doctor if you are pregnant or likely to be pregnant.

You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.

Finally always inform the doctor about your allergies, especially latex, iodine and medications.





## PROCEDURES WE OFFER

LUMBAR EPIDURAL INJECTION  
CAUDAL EPIDURAL INJECTION  
LUMBAR FACET JOINT INJECTION  
CERVICAL FACET JOINT INJECTION  
THORACIC FACET JOINT INJECTION  
DORSAL ROOT GANGLION BLOCK  
NERVE ROOT BLOCK  
LUMBAR FACET RADIOFREQUENCY  
DENERVATION  
CERVICAL FACET RADIOFREQUENCY  
DENERVATION  
TRIGGER POINT INJECTION  
SACROILIAC JOINT INJECTION  
COCCYX INJECTION  
GANGLION IMPAR BLOCK  
PIRIFORMIS INJECTION  
INGUINAL NERVE BLOCK  
PUDENDAL NERVE BLOCK  
JOINT INJECTION  
OCCIPITAL NERVE BLOCK  
PULSED RADIOFREQUENCY  
TREATMENT  
INTERCOSTAL NERVE BLOCK  
RECTUS SHEATH BLOCK  
TROCHANTERIC BURSA INJECTION  
ISCHIAL BURSA INJECTION  
ILIOLUMBAR LIGAMENT INJECTION  
QUADRATUS LUMBORUM INJECTION

ACHILLES TENDON INJECTION  
PLANTAR FASCIA INJECTION  
GENICULAR NERVE BLOCK & RF  
NEUROTOMY OF KNEE JOINT  
SUPRASCAPULAR NERVE BLOCK  
BOTOX INJECTION  
PLATELET RICH PLASMA THERAPY  
TENNIS ELBOW INJECTION  
GOLFER'S ELBOW INJECTION  
SUPRASCAPULAR NERVE ABLATION  
BOTOX FOR MIGRAINE  
CERVICAL MEDIAL BRANCH BLOCKS  
LUMBAR MEDIAL BRANCH BLOCKS  
STELLATE GANGLION BLOCK  
HIP JOINT COOLED  
RADIOFREQUENCY ABLATION  
INGUINAL NERVE ABLATION  
LATERAL FEMORAL CUTANEOUS  
NERVE BLOCK  
GREATER AURICULAR NERVE BLOCK  
BOTOX FOR BACK PAIN

The above information is for general education only. Please ask specific questions to the doctor during your consultation.

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