

## Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit [NationalSpine.com](http://NationalSpine.com) or ask your affiliated physician.

# Trigger Point Injections

Prompt Relief for Painful Muscles

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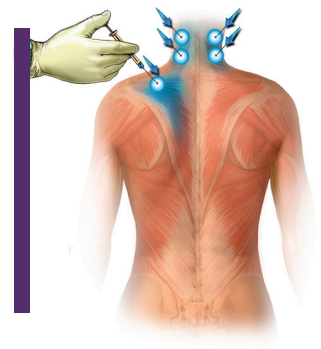
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## Treatment Brochure

A trigger point is a knotted or tight area of muscle that can be felt under the skin and, when pressure is applied, often refers (or “triggers”) pain to another part of the body.

A trigger point injection contains medication designed to break the pain cycle and restore physical function, allowing a patient to more effectively participate in a rehabilitative program.

At our network of pain management centers, our physicians are well versed in trigger point diagnosis and treatment. Our offices are supported by fully equipped, sterile rooms that allow for prompt treatment, sometimes during the first appointment.



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## What is a trigger point?

Normal muscle contracts and relaxes when it is active. A trigger point forms when muscle fails to relax, restricting range of motion. Left untreated, scar tissue, weakness and considerable loss of mobility may develop over time.

In addition to being painful at its origin, a trigger point can trap and irritate surrounding nerves and cause referred pain—pain extending into another part of the body. Trigger points develop for a variety of reasons. They can be caused by problems such as a herniated disc, osteoarthritis, strain due to repetitive use, or a traumatic injury such as whiplash.

Trigger points are diagnosed by a thorough physical exam in which the physician palpates muscles for tender areas over taut bands and knots. Imaging tests such as x-rays or MRI cannot detect a trigger point, but may be helpful in revealing an underlying condition.

## What is a trigger point injection?

Trigger point injections successfully treat many muscle groups, especially those in the arms, legs, lower back and neck. In addition, they are often used for fibromyalgia and tension headaches.

A trigger point injection delivers a mixture of medications to reduce inflammation. The injection relaxes the muscle, which improves blood flow and promotes healing. If you have

more than one trigger point, you may have different muscles injected during the same treatment session.

## How long does it take?

A trigger point injection is performed on an outpatient basis and typically requires less than 15 minutes.

## How often can these procedures be done?

Initially, the injections may be performed every one or two weeks for several weeks, but are usually limited to one session every two months if they are performed as maintenance treatment.

## What are the expected results?

Trigger point injections are very safe. You may feel some injection site tenderness as the local anesthetic wears off. It may take a few days for the anti-inflammatory action of the medicine to take effect. The main benefit of the trigger point injection is to loosen muscle groups, thereby improving your progress in a physical rehabilitation program.

## What are the expected results?

In addition to trigger point injections, other minimally invasive options may be recommended to offer prolonged relief that you may not otherwise achieve.

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