

## Trigger point injections

### What are trigger points?

Trigger points are tender points within the muscle that the doctor can feel as firm bumps and when pressed will cause pain.

Aching pain from muscles can cause stiffness and sometimes tingling. This can be caused by changes in the muscle or after injury.

Most muscle injuries heal after a few weeks. In some patients however, the muscle develops trigger points or tender points. Some people may have painless reduction of movement, whilst others have severe pain. It is sometimes possible to feel pain some distance away from an injury.

### How are trigger points treated?

When you attend the Pain Clinic a doctor will examine you. If it is confirmed that you have trigger points you may be offered injections into the affected areas.

The doctor will insert small needles into the area and inject very small amounts of local anaesthetic. This may sting a little bit but it will pass quickly. The needles will be removed immediately afterwards and cold spray is applied. The trigger points are then massaged for a few moments.

### How will injections help my pain?

In some painful muscle and ligament conditions injecting local anaesthetic into the area helps to relax the muscle tension within the trigger point.

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### What happens following trigger point injections?

- After the injections you may wish to rest for a short while before you go home.
- A further appointment will be given to you or sent to you in the post.
- It may be necessary to repeat the injections over a period of time. The length of time the injections remain effective may vary. The doctor will decide this with you.
- Trigger points can also respond well to acupuncture treatment.

### Are there any side effects?

- The areas injected may be red and slightly swollen for a few hours.
- There may be slight bruising and tenderness to the skin the following day.

**These side effects are short lived. A clinic nurse or the doctor will be happy to answer any questions or worries you may have.**

Pain Relief Nurses Station: 01872 252095

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