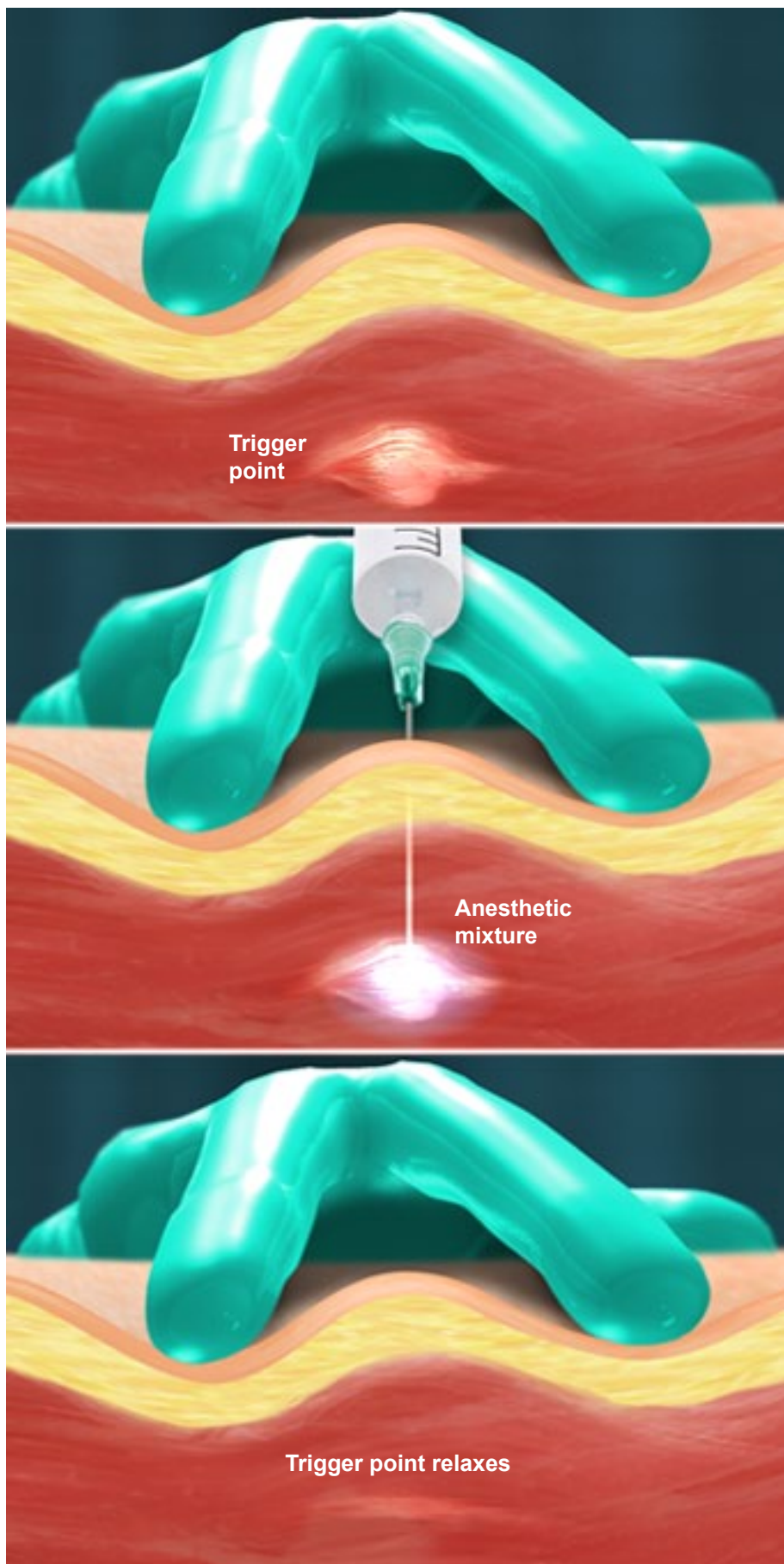


## Trigger Point Injections



### Overview

This outpatient procedure is designed to reduce or relieve the pain of trigger points. These small, tender knots can form in muscles or in the fascia (the soft, stretchy connective tissue that surrounds muscles and organs). The trigger point injection procedure takes only a few minutes to complete.

### Preparation

In preparation for the procedure, the patient is positioned comfortably. The physician presses and pinches the skin to locate the trigger point. Once it has been identified, the physician cleanses the overlying skin. A topical anesthetic may be used to temporarily numb the skin.

### Medication Injected

The physician carefully inserts a needle through the skin and into the trigger point. The physician injects an anesthetic mixture into the trigger point. This causes the trigger point to relax. If the trigger point does not relax completely after the first injection, the physician may adjust the needle's position and give additional injections.

### End of Procedure

When the injection is complete, the physician removes the needle. A small bandage may be placed over the injection site. The patient may be encouraged to stretch and move the muscle after the injection.