

Trigger Point Injections

What are trigger point injections?

- A trigger point is the medical name for a “knot” in the muscle. Releasing the knot can restore normal function, improve range of motion and reduce pain.
- TPI is a powerful way of releasing muscles quickly. This injection is done using ultrasound guidance to ensure safety and accuracy.
- It can be used as a stand-alone treatment to release a muscle that is in spasm, such as when you wake up with a kink in your neck or strain your back lifting something. TPI can also be used with rehabilitation to correct longstanding dysfunctional biodynamic movement patterns.

What conditions will trigger point injections help?

- Whiplash and strain injuries
- Muscular back and neck pain
- Acute muscular spasm
- Plantar fasciitis
- Achilles tendonitis
- Headache and migraine from muscle tension
- TMJ pain from bruxism
- Concussion
- Muscular pain resistant to conservative treatment

What to expect after treatment?

- Pain should be less and range of motion improved.
- There may be some “treatment stiffness” but this does not usually last long.
- Rarely, injections will cause a flare up of pain for a few days. This is unusual and should resolve spontaneously.

How can I treat post-procedure pain?

- Tylenol (acetaminophen) or NSAIDs (ibuprofen, naproxen, etc.).
- Icing injection sites, proper hydration and progressive range of motion exercises are also effective to speed recovery.

What should I avoid after treatment?

- Avoid touching the injection sites unnecessarily; this can increase the risk of infection and impair the healing process.
- No manual therapy including massage, chiropractic treatment for 3-5 days.

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How many treatments will I need?

- Each patient is different, with a different condition and degree of pain.
- Some only need one treatment, others might need ongoing treatment as they gradually progress.

What are the risks?

- *Infection*: is a very rare but potentially serious complication. If you have red, hot, swollen skin around injection sites please contact our office immediately.
 - If you develop these symptoms with fever, sweats, chills, or other flu-like symptoms, go to the closest emergency department
- *Pneumothorax*: is an extremely rare but serious complication. If you develop sudden shortness of breath or significant chest pain you should go to the closest emergency department
- *Lightheadedness or nausea* are rare and generally resolve rapidly
- Brief “treatment stiffness” from the process of injection
- A temporary increase in pain is uncommon but can occur

When should I rebook?

- Each patient is different, with different recovery times and acuity of pain.
- We suggest repeating trigger point injections no more frequently than every 2 weeks, however this is very patient specific.

How can I improve my chances of long-term benefit?

- Ensure you are participating in rehab, even if that is at-home physiotherapy consisting of rolling and stretching. If you need a rehab practitioner recommendation, please ask. While your body heals, we want to make sure your biomechanics are sound to promote long-term results.