

Trigger Point Injection

A trigger point is a tender area in a muscle that causes generalized musculoskeletal pain when overstimulated.

What is Trigger Point injection?

A trigger point is a tender area in a muscle that causes generalized musculoskeletal pain when overstimulated. A trigger point injection is a treatment option for patients with pain caused by trigger points.

How is the procedure done?

Your physician identifies and marks the trigger points that generate your pain. The area is cleansed with an antiseptic solution. Your provider places a small needle into each trigger point and injects a small amount of local anesthetic. This procedure takes approximately 5-10 minutes.

How long does pain relief last?

Pain relief may last weeks or months. It may be repeated if needed. We usually recommend physical therapy and massage in addition to trigger point injections for a better result.

What are side effects and complications?

Side effects and complications are uncommon. Potential side effects and complications include:

- Allergic reaction to medication
- Increased pain for a short period of time

How should I prepare myself for this procedure?

- If you are on any blood thinners, please call at 701-551-6980 to receive instructions about your medication.

When should I call my doctor?

You should call us immediately if any of the following occur:

- If you experience any swelling, redness, or drainage from the site of injections
- If you have a fever greater than 100 degrees Fahrenheit
- If you experience any chest pain or shortness of breath or persistent cough