



### **Trigger Point Injection (TPI)**

Chronic muscular pain can result from an injury to a muscle and over time, it can escalate by posturing and non-use of the muscle. This is called myofascial pain syndrome. TPI's are intra-muscular (IM) injections of local anesthetic (like Novocain), into the muscle sites as a part of myofascial pain syndrome treatment. It is usually used when conservative approaches like, oral medications (anti-inflammatory and muscle relaxants) and rest are ineffective.

TPI's temporarily numb and relax the muscle sites involved in the pain process. This allows the patient to participate in a more effective physical therapy and stretching of these muscles, and may also increase blood flow to that muscle. Steroids can be used for TPI's in selected patients.

Clearly, if the first set of TPI's results in acceptable sustained relief, then there is no need to perform any more injections. If the first set of injections provides no relief, there is no point to repeat any further TPI's and other causes of pain, or other treatment modalities should be sought. If the first set of trigger point injections results in partial sustained relief, then a series of these injections may provide a greater degree of sustained relief as compared with only one set of injections. Botox® Injection is a good alternative for more prolonged relief, but only if the patient has had positive results with a series of local anesthetics trigger point injections.