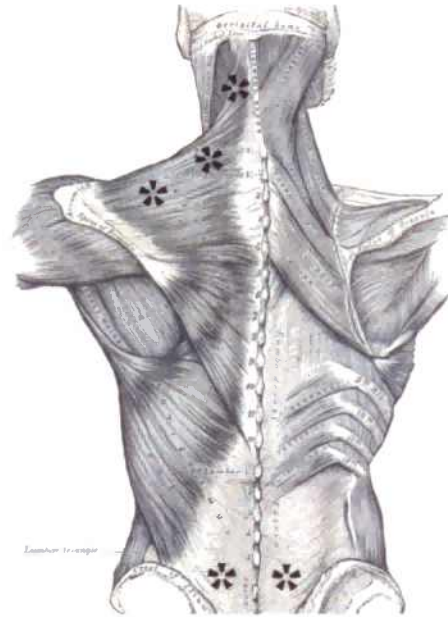


Trigger Point Injections

OrthoNeuro
A Multi-Specialty Center of Excellence



What Conditions are Treated with Trigger Point Injections?

- Neck pain
- Low back pain
- Limb pain
- Tension headaches
- Fibromyalgia
- Piriformis syndrome
- Bruxism (Teeth grinding)



Your muscle pain may have associated trigger points. Your doctor may consider the use of trigger point injections to treat your condition. These injections can temporarily help reduce muscle-related pain in most patients that are felt to be medically appropriate candidates. Many patients have been through treatments with physical therapy and medication before considering this treatment with little or no long-term relief. Some patients may benefit from a combination of injections, physical therapy and medication at the same time.

What is a Trigger Point?

Trigger points are tender regions of muscles that are commonly associated with chronic muscular pain. These areas may feel like a tight band or a knot in the muscle which can result from muscle strain or injury. Multiple trigger points are commonly associated with chronic muscle pain in the neck, shoulder and lower back.

What are Trigger Point Injections?

A fine needle is inserted into several areas of the painful muscle. A small amount of anesthetic or steroid is injected into each trigger point to relax the muscle and reduce pain. There may be some temporary, minor discomfort. An anesthetic cold spray is used over the skin which may reduce discomfort.





What are Possible Complications?

Most patients tolerate injections well, and complications are very rare. The skin over the injection site is cleaned with alcohol to reduce risk of infection. Minor bleeding can occur. Tell your physician if you are on a blood thinner (Coumadin/Warfarin) or if you bruise easily. Any time a foreign substance is injected into the body there is the possibility of an allergic reaction. This is very unlikely to occur especially if you have had no problems with Novocaine or Lidocaine associated with dental procedures.

What Can Be Expected After the Injection Treatment?

You may want to take it easy for the rest of the day if possible. The muscles injected may be sore for one to two days. Use moist heat on the areas to help reduce the achiness. It may take up to 24 to 36 hours to notice a reduction in muscle pain.

The first in focus.

Founded more than 60 years ago, OrthoNeuro was the first private group in central Ohio to provide a multi-disciplinary center specializing in orthopedic surgery, sports medicine, neurology, neurosurgery and physical medicine and rehabilitation.

The foremost in care.

Our focus ensures that our patients receive the highest quality of care in an environment that's committed to personal attention.

Our **SportMed** program provides comprehensive sports medicine care from injury prevention to injury treatment and rehabilitation.

Our **SpineMed** program calls upon a multi-disciplinary team of surgeons, physical medicine and rehabilitation physicians along with therapists to diagnose, treat and rehabilitate spinal injuries.

Our **WorkMed** program provides treatment and rehabilitation for industrial and occupational-related injuries. OrthoNeuro specializes in musculoskeletal and neurological disorders in the following areas:

Orthopedic Services

- Orthopedic Surgery
- Fracture Care
- Foot & Ankle Surgery
- Spine Surgery
- Arthroscopic Surgery
- Sports Medicine
- Hand Surgery
- Joint Replacement
- Spine Disorders

Neurologic Services

- Neurology
- Migraine Treatment
- Occupational Medicine
- Neurosurgery
- Headache Treatment
- Industrial Medicine

Physical Medicine and Rehabilitation

- EMG/EEG
- Physical Medicine
- Rehabilitation

Imaging

Physical Therapy and Rehabilitation

SpineMed

SportMed

WorkMed

OrthoNeuro

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