

Trigger Point Injections



WHAT ARE TRIGGER POINT INJECTIONS (TPI)?

Trigger point injections are used to treat painful areas of muscle that contain “trigger points”—tight knots that form when muscles don’t fully relax. These knots can cause pain right where they’re located or send pain to other areas of the body.

While many trigger points improve with heat, massage, or myofascial release therapy, some can remain persistently painful and interfere with daily activities. In those cases, a trigger point injection may provide effective relief.



HOW DOES IT WORK?

Trigger points can irritate nearby nerves, causing pain, muscle tightness, or even tension headaches—trigger point injections work by targeting these painful knots directly. During the procedure, a small needle is used to inject a local anesthetic—sometimes combined with a steroid—into the affected muscle. This helps the muscle relax, reduces inflammation, and improves mobility. By deactivating the trigger point, the injection can relieve pain and restore normal muscle function.

WHO IS A GOOD CANDIDATE FOR TRIGGER POINT INJECTIONS?

You may benefit from TPIs if you have:

- Myofascial pain syndrome
- Tension headaches caused by muscle tightness
- Chronic muscle pain in the neck, shoulders, lower back, or legs
- Fibromyalgia with focal muscle tenderness
- Postural strain or overuse injuries
- Localized muscle pain that hasn’t improved with physical therapy or medications

TPIs are often used in combination with physical therapy and stretching to improve long-term outcomes. Many people experience significant relief shortly after the procedure.

WHAT TO EXPECT?

- 1** One of our pain specialists will evaluate you to determine if trigger point injections are right for you. In some cases, the injection may be performed during your first visit if prior authorization has been obtained from your insurance provider.
- 2** Before the procedure, you may be asked to change into a surgical gown to allow easier access to the treatment area. Multiple trigger points may be treated in one session if needed.
- 3** The injection typically takes just a few minutes. Some people feel slight pressure, stinging, or soreness at the injection site, but this usually fades quickly after the procedure.
- 4** After the procedure, you'll be monitored briefly before being cleared to go home. Most people can return to regular activity the same day. While some experience immediate relief, it may take a day or two for the full benefit to set in.

Some people get long-lasting relief from one session, while others may need occasional injections combined with other treatments to manage recurring trigger point pain.

INSURANCE AND BILLING

Trigger point injections are generally covered by insurance when deemed medically necessary. Our team will help determine coverage and submit any necessary authorizations in advance.

IMPROVE YOUR QUALITY OF LIFE

If tight, painful muscles are limiting your mobility, trigger point injections may offer fast, effective relief as part of your broader care plan.

