**Procedure Note:** **Lumbar Trigger point injection under ultrasound guidance**

Diagnosis:

Myofascial pain syndrome M79.1,

Myofascial trigger point M79.1,

Muscle Spasms

Procedure: Trigger point injection of the lumbar paraspinal muscle(s) under sonographic guidance

Technique: The risks, benefits and side effects were explained to the patient. All questions have been answered. Informed consent was obtained. The patient’s muscle(s) were palpated for the painful area of complaint. Trigger point was identified and marked. The skin was prepped and a 27 gauge 1 1/4-inch needle was introduced through the skin and subcutaneous tissues down into the taut band of muscle under sonographic guidance. After aspiration to make sure that the needle was not inside a vessel, 3-4 cc of 1% Lidocaine was injected in the above trigger point regions.

The mixture was injected after aspiration was negative for blood or air. The ultrasound machine was also used to visualize the medication going past the adipose tissue and into the muscles to avoid any vulnerable areas such as arteries, veins and nerves.

The patient tolerated the procedure well and was discharged without complications.