

Trigger Point Injections

These involve injecting a substance around the most painful areas. They are usually targeted at tense painful areas of muscle.

The substance injected is usually a combination of local anaesthetic and a low dose of steroid. The local anaesthetic is thought to give a rapid albeit often quite brief benefit whilst the steroid can take longer to work but is expected to provide longer relief. Sometimes this mix may be replaced with botulinum toxin – “botox”. This has an action on the muscles themselves but is also thought to have a positive action on some of the chemical changes that are responsible for pain.

The injections can be sore so many people rather have them performed under sedation as a day-case procedure. However, on occasion it may be possible to perform them in the outpatients clinic.

The duration of benefit is variable although several months would be expected, and they can be repeated if they are felt to last long enough.

Please visit our website, www.thepainteam.com for more information and to contact us