

Trigger Point Steroid Injections

Diagnosis: Myofascial Pain/Spasm

Procedure: The areas of maximal focal tenderness with corresponding increased hypertonicity and taut muscle banding are identified and marked. The area is then cleaned with a sterilizing solution. A high-frequency linear ultrasound probe is used to identify the problematic muscle groups. Then using direct ultrasound guidance, a needle is used to inject the solution into each of the previously identified muscle groups. The injection site is then cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

Medications used: Local anesthetic and possible Dexamethasone (steroid)

Recovery: 15 minutes with local or 30 minutes after sedation

Potential risks of Trigger Point Steroid Injection are minimal and are similar to any procedure involving a needle placement. These include, but are not limited to:

- Allergic reaction to the anesthetic. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

