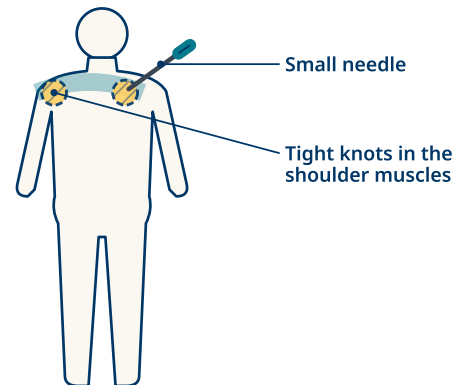


Trigger Point Injections

What it is

Trigger points are tight, sore knots in a muscle. A trigger point injection puts a small amount of medicine into the knot. This may help the muscle relax and ease pain.



Why it is done

- Myofascial pain with identifiable trigger points
- Muscle pain that limits participation in therapy
- Patients who prefer an office-based option

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: The doctor examines you to find the sore knots in the muscle.

During: This is a quick office visit. A small needle puts medicine into each knot. It takes only a few minutes.

After: The muscle may be sore for a day or two. Gentle stretching, as shown, may help.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/trigger-point-injections/



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This handout is general information and is not a substitute for medical advice.