



Trigger Point Injection

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding Your Diagnosis

Trigger points are hyper-irritable "knots" in your muscle tissue that form when a muscle fails to relax. These tight bands can be painful to the touch and often cause "referred pain," where the discomfort radiates to other parts of the body. Common in the upper back, shoulders, and neck, these knots can restrict your range of motion and lead to chronic tension headaches or localized muscle fatigue.

The Treatment: Therapeutic Trigger Point Injection (TPIs)

A Trigger Point Injection is a targeted therapy used to break the cycle of muscle pain and spasms. During the procedure, a small needle is inserted directly into the core of the trigger point. A specialized mixture of local anesthetic (and sometimes a mild anti-inflammatory) is injected to inactive the knot. This process allows the muscle to finally relax, improving blood flow to the area and providing rapid relief from localized and radiating pain.

Our Approach: Precise Anatomical Targeting

At Abilene Pain, our independent practice model focuses on functional outcomes rather than just temporary fixes. Dr. Pugh identifies the exact source of your muscular tension through a detailed physical exam and uses Ultrasound guidance to ensure the medication is delivered with clinical precision. By addressing the root of the muscle spasm, we help you bridge the gap to successful physical therapy and long-term postural health.

Procedure Day Highlights:

- Performed in a comfortable, private-practice setting.
- The procedure is very brief, often taking only a few minutes.
- Multiple trigger points can often be treated in a single session.
- You can resume most normal daily activities immediately.

Benefits

- **Rapid Muscle Relaxation:** Quickly alleviates painful knots unresponsive to massage or stretching.
- **Reduces Referred Pain:** Eliminates radiating symptoms and headaches from muscle tension.
- **Enhanced Mobility:** Restores comfortable movement for rehabilitative exercises.

Recovery

- **Immediate Softening:** Muscle relaxation begins soon after the injection.
- **Post-Procedure Care:** Expect a slight "bruised" feeling for 24–48 hours; heat or gentle stretching is recommended for optimal results.
- **Lasting Results:** Targeted sessions can lead to long-lasting relief with proper ergonomics and movement.

Nicolas Pugh, MD | **Adrianne Anders, NP** | **Ted Chaka, PA**

Abilene Pain Locations

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Trigger Point Injection

DISCHARGE INSTRUCTIONS

Procedure Summary: Intramuscular Trigger Point Injections

You have undergone trigger point injections, a targeted procedure designed to treat muscle tension, inflammation and taut muscle knots. We have delivered a concentrated blend of local anesthetic and a powerful anti-inflammatory steroid directly into the muscles and fascial layers to reduce swelling, decrease pain signals, and restore smooth movement in the affected area.

Activity Restrictions

- **Driving:** No restrictions
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The Window:** You may feel immediate, temporary relief for several hours due to the local anesthetic.
- **The Flare:** Expect a potential temporary increase in localized soreness or a "bruised" sensation for 2–5 days as the steroid takes effect.
- **Management:** Use ice packs (20 min on/off) for localized soreness.
- **Results:** Peak clinical relief typically occurs between 3 to 7 days post-injection.

Red Flags

- New or worsening leg weakness, numbness, or "**foot drop**."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site**.
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **1 Month:** Formal functional assessment of procedural efficacy.

Blood Glucose

If receiving a steroid injection, expect a temporary rise in blood glucose levels, which usually resolves within a few days. Diabetic patients should monitor their sugar levels closely for 48–72 hours post-procedure.

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