



Trigger Point Injection

Trigger Point Injection (TPI)

A trigger point injection (TPI) is a procedure used to treat painful areas of muscle that contain trigger points, or knots/taut bands within a muscle. Many times, such knots can be felt under the skin. Trigger points may cause referred pain, or pain that is felt in another part of the body.

What Happens During a Trigger Point Injection?

In the TPI procedure, a health care professional inserts a small needle into the patient's trigger point. The injection contains a local anesthetic. With the injection, the needle is moved through the muscle to help break up the knot and hopefully dissolve or make the trigger point inactive. Injections are given in the office and usually take just a few minutes. Several sites may be injected in one visit. If a patient has an allergy to a certain drug, a dry-needle technique (involving no medications) can be used.

Side Effects

A TPI is a relatively safe procedure, but like all procedures, it does have risks. The most common risk is increased pain after the injection. This can last for several days, but does not always occur. Other side effects include, but are not limited to, bleeding or bruising at the injection site, dizziness last minutes or hours, and no effect on pain.