

TRIGGER POINT INJECTIONS

MYOFASCIAL PAIN SYNDROME

Muscle pain can be due to injuries such as strains, sprains, or trauma. MYOFASCIAL PAIN SYNDROME (MPS) describes a painful condition in which distinct areas within muscles or their coverings become abnormally active or excitable. These spots are called TRIGGER POINTS and they can cause pain long after a muscle injury should have healed. Most commonly, trigger points are in the neck, back, and buttocks.

Tender "trigger points" cause symptoms that vary from mild discomfort to incapacitating pain. Some of these symptoms include muscle stiffness and aching in the involved muscles, sharp shooting pains, or tingling and numbness in areas distant from the trigger point. The discomfort may cause sleep disturbances, fatigue, or depression.

Treatment of MPS requires the cooperation of the primary care physician, the pain management physician, and the physical therapist. The goal of treatment is inactivation of the trigger points, with resultant return of full muscle strength and motion without pain.

The pain management physician can provide relief with TRIGGER POINT INJECTIONS. These are precise injections of local anesthetics and sometimes anti-inflammatory medication (cortisone/steroid) into the trigger point areas. Repeated injections may be needed to "break up" the trigger points. They may be combined with nerve blocks and physical therapy to maximize relief.

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