

Did you know that Beneficial Health offers Trigger Point Injections?



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Several years ago Eric tore his scapular muscle when training for an Ironman Triathlon. Never having the injury corrected, it continued to ail him for years until coming to Beneficial Health Medical Center and addressing both his pain and dysfunctional muscle patterns. The image and quote above are his reflections after completing the Wild Florida 120 mile Endurance Race. He credits his performance to adding this type of care into his training.

## What is a Trigger Point?

Trigger Points are spasms that form in muscles leading to both pain symptoms and dysfunctional motor (movement; mostly range of motion) patterns in the affected muscle groups. These spasms can be present as either an “Active” spasm (one that is causing current symptoms that are familiar) or “Latent” spasm (one that is causing symptoms that are not familiar).

Characteristics of a Trigger Point are painful areas of muscle that are tender and may feel like tight bands or knots when pressed. Pressing on these areas will “trigger” pain at the area of pressure and often in other areas. For example, pressing on a trigger point at the top of the shoulder may send pain down the arm or up into the neck. This is called a referred pain pattern, and is very common for most areas that are typically affected.

Trigger points are overactive muscle areas that can come from stress, using the muscle too much, or problems with spine and posture. They usually occur when muscles of strength are used for a prolonged period of time. Muscles intended for strength movements **are not** built to be under constant contraction, so when they are overstressed a trigger point **will** develop. They are most often treated by improved posture, reduced stress, and exercise. Opposite to the muscles of strength, muscles of posture **are** built to be under constant stress and **will not** develop trigger points.

### ***Examples of trigger points:***



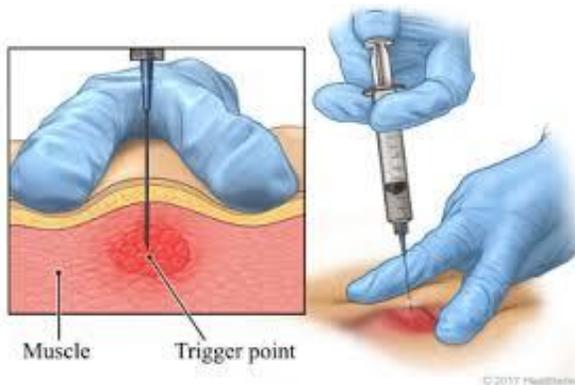
## **What can you expect with the Trigger Point Injection?**

When doing this procedure, the Provider will palpate the areas of your muscles contributing to your problem and identify your trigger point pattern. Once the areas are identified, the Provider will make a mark on your skin to identify which areas need injected. Once all the areas are identified, they are then cleaned with rubbing alcohol to prevent infection. Then each area will be individually sprayed with a cold spray and then injected with a thin, flexible needle. During the injection you may experience an intensified sensation of your original symptoms or a muscle twitch.

When the Provider reaches the muscle spasm with the needle, a small amount (0.5mL-1.5mL) of equal parts local anesthetic (2% Lidocaine) and Normal Saline (0.9% Sodium Chloride) will be injected to relieve pain, relax the muscle, and speed healing. Sometimes the Provider will identify one or more areas that area spasmed significantly more than the surrounding muscles. When this is the case, the Provider may anesthetize that area and perform a technique called Dry Needling to break up the spasm. Not all areas need this technique performed.

After the injection the muscle may be massaged or direct pressure may be applied to help further relax the muscles. Since many trigger points have poor blood flow and oxygenation, post-procedural bleeding is minimal. If you are bleeding after the procedure a small band-aide will be applied.

### ***Example of a trigger point injection:***



## **What Are The Risks Of Trigger Point Injection?**

The risks involved with the procedure are very minimal and include:

- Soreness (most common)
- Redness
- Bruising
- Bleeding
- Infection
- Reaction the anesthetic (this varies by individual)

As mentioned earlier, this procedure is performed with 2% Lidocaine. If you are allergic to Lidocaine the procedure can still be done with only Normal Saline solution, however you will not have the immediate relief of pain that the anesthetic provides. All of the other affects will occur.

### **How Will You Feel Afterward?**

You might feel relief right away or it may take several treatment sessions. The relief can last for hour to days to months. Results are patient specific. Trigger Point therapy works best when done up to 2-3 times per week from 1-6 weeks for acute problems. The most common frequency of treatment is twice a week for 3-6 weeks.

### **What are the Benefits?**

Trigger Point Injections alone are a great treatment for acute or chronic muscle tension and pain. When paired alongside Physical Medicine and Chiropractic Adjustment. The blending of services in this manner is referred to as Integrated Medicine. Beneficial Health offers many Integrated Medical Services outside of Trigger Point Injections to help you live your life with less pain and dysfunction including:

- Joint viscosupplementation
- Regenerative Medicine
- Testosterone Optimization for Men
- Estrogen Management for Women
- Occipital Blocks for Migraine and Tension Headaches
- Physical Medicine and Rehabilitation
- Chiropractic Care
- Wellness screenings
- Nutritional evaluations
- And more...

