

## **Trigger Point Injection 觸痛點注射**

### **Introduction**

Trigger points are painful areas of increased sensitivity that occur in a regional muscle pain disorder called myofascial pain syndrome. The pain is related to abnormal muscle contractions resulting in the accumulation of pain producing chemicals. The persistent muscle fibres contraction resulted in areas of reduced blood flow in the muscle, further hindering the removal of the chemicals, which continue to cause pain. This vicious cycle may persist for a long time. Trigger point injection may break this vicious cycle and relieve the pain.

### **How does Trigger Point Injection work?**

Insertion of needle into the sensitive points will relax the muscle fibres and relieve the pain. Usually local anaesthetic, steroid or saline is also injected through needle to reduce the pain at injection and to improve the effect of the injections.

A course of daily muscle exercises is usually recommended following the injections in order to maintain the pain relief effect.

### **The Procedure**

1. You will be asked to lie on your side or sit upright during the procedure.
2. The doctor will locate and mark the trigger points on the affected muscles.
3. The injection sites are first disinfected. The needles are then inserted into the trigger points and the relevant injectate administered.

### **Side effects and Complications**

There are potential side effects and complications, which in most cases are uncommon and may not be serious.

1. You may feel some pain at the injection sites for a day or so. This pain can be relieved by oral analgesic medication.
2. You may feel dizzy as your blood pressure may drop temporarily during or after the injections. If this happens, it may be readily treated.
3. Bacteria infection due to the procedure is rare

### **Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patients groups, the actual risk may be different. For further information please contact your doctor.