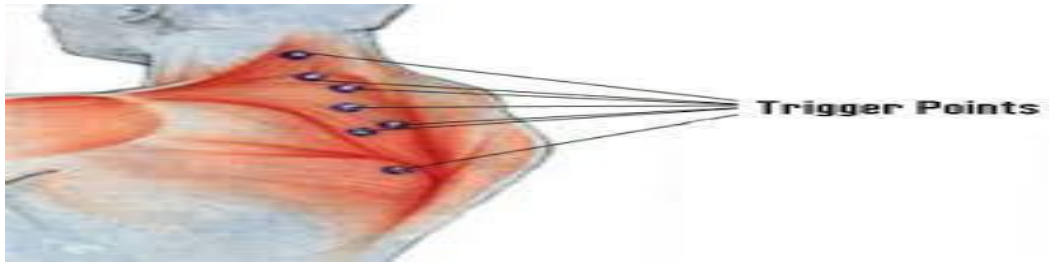


Some valuable facts about Trigger Point Injections!



This blog will cover some key facts about trigger point injections. But before getting into nitty-gritty about the facts of trigger point injection, it is important to know what a trigger point is. In simple words, trigger points are focal areas of spasm and inflammation in skeletal muscle. The common sites of trigger points are located in the upper back and shoulder areas in the name of rhomboid and trapezius.

They commonly accompany chronic musculoskeletal disorders such as myofascial pain syndrome, neck pain, low back pain, and fibromyalgia. These trigger points can occur with the tension headache and temporomandibular pain. In addition to them, an acute trauma or repetitive injury can lead to the development of trigger points.

Now it is time to delve in the depth of trigger point injection. A trigger point injection is commonly known as TPI, an injection that is given to the patient directly into the trigger point for pain management.

One of the main things is that the injection may be an anesthetic such as lidocaine or bupivacaine. At times, only a needle is inserted into trigger point as there is no need for any medications that time. This is referred to as “dry needling”, which is used to [make the trigger point inactive and to relieve the pain](#).

Before going for TPI, it is better you should know some facts about it. Below, valuable facts are given so read carefully.

- TPI can be used to treat several conditions, including tension headache, fibromyalgia and myofascial pain syndrome.
- It can be injected directly into trigger point.

TPI is used when a patient has unbearable pain that radiates from the trigger point to the surrounding area. Usually, the problem can persist again with chronic pain syndromes.

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When it comes to side effects and potential complications of TPI, there are rarely any side-effects causing due to it, but can occur anytime a needle punctures the skin, including bleeding and infection. If the medication is injected into the trigger point, shrinkage of the fat under the skin is likely to be caused, leaving a dent in the skin. This would not occur when only anesthetic is injected without any medication. At the end of the result, it is safe to take but you shouldn't be habitual to it. Consult doctor before taking it.