

Trigger point injections for muscle pain relief

Department of Pain Management

Information for Patients

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Introduction

This leaflet will help you understand more about trigger point injections. If you have any questions or if there is anything you do not understand, please ask any of the nurses or doctors at your appointment.

What is a trigger point?

A trigger point is a painful, irritable knot or tight band in the muscle. You can usually feel it under the skin. It may twitch when touched. It may irritate the nerves around it and cause pain in that area of the body.

What is a trigger point injection?

The injection has local anaesthetic or a combination of local anaesthetic and steroid. We give this injection into the painful knot or band of tight muscle. This gives you some relief from pain. The doctor will give you the injection.

How is the injection given?

We give these injections in the treatment room. We might ask you to change into a gown.

We will expose the area of your skin that is causing you pain in the treatment room. We will clean your skin with an antiseptic solution to reduce the risk of infection.

The doctor may ask you to tell them if you think the injection is going into the right spot where the pain is coming from.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens first?

Before the injection you will need to let the doctor and nurse know:

- If you are allergic to anything. For example local anaesthetic, steroids, iodine or sticking plasters.
- If you are taking or have recently taken antibiotics for an infection.
- If you are taking any medications to thin your blood such as Warfrin, Asprin, Ticlopidine, Sinthron or Clopidogrel.
- If you are feeling unwell on the day.
- If you have any other serious medical conditions.

If you are on antibiotics or if you have infection, we will need to postpone the appointment.

What will I feel during the procedure?

You may feel the needle going through the skin. You may feel some pressure when the medicine is injected. The local anaesthetic should numb the area and give some immediate relief.

How long will it take?

The procedure takes about 10 to 15 minutes. This is different for each person.

What happens afterwards?

The nurse will apply a dressing. You will stay for a short while in the room to recover. Sometimes we may ask you to rest and have a drink in the waiting area before going home.

You should bring a friend or family member to drive you home. You should not drive until the next day because of the local anaesthetic.

What will happen to my pain?

Your pain should improve in the first few hours. Your pain may return after the local anaesthetic has worn off. You may feel soreness because of the injection.

The steroid can take up to 2 weeks to work or it may not work at all. If it is going to work the effects can last for several weeks or months. Each person responds differently to the injections. We will not know the effects of the injection on you until you have had it.

What are the risks and side effects?

Trigger point injections using steroids. These injections are not given more than 3 times a year. This is to avoid side effects that can happen from steroids. These include:

- An increased risk of infection for a while after the injection.
- Raised blood sugars in diabetic patients.
- An increased appetite and possible weight gain.
- Dimpling of the skin at the site of the injection.

There are some risks that do not happen very often. These include:

- Feeling dizzy
- Bleeding
- Infection at the injection site
- An increase in pain
- An allergic reaction to the medicine

What happens next?

A nurse will contact you around 3 months after the injection. They will ask how effective the injection has been. You should make a note of when the pain starts to return. The nurse will ask you this when they contact you.

Do I need to rest when I get home?

On the day of treatment you may want to rest when you get home. You can continue as normal if you feel well enough. If your pain improves then you should slowly build up your activity and exercise. However, pain is best managed by keeping active within your own limits.

How do I get advice once I get home?

If you have any non-urgent questions please call Pain Management Admin Team on:

0116 258 8277

If you have any urgent problems, please contact your GP.

If you have any questions, write them down here to remind you what to ask when you speak to your doctor or nurse:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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Previous reference:

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