NEUROLOGY GROUP of BERGEN COUNTY

Trigger Point Injections

Healthy muscle contracts when it is in use and relaxes when its work is complete. Under certain conditions, muscles can stay tense after contracting, preventing the muscle from relaxing. When muscles are constantly tense, tissue in the muscle can degenerate to form nodules (hard spots) called trigger points. These nodules can trap or irritate surrounding nerves and "trigger" pain in surrounding areas. Many well-described trigger point patterns have been identified, hover, trigger points can occur anywhere in the body, and can sometimes be hard to diagnose and treat.

Trigger point injections are a safe and effective treatment for localized areas of muscle spasm (trigger points). These injections are performed in the office setting. The physician is able to localize these trigger points by pushing with his/her fingers. When the spots are identified, the skin is then cleansed with alcohol or Betadine. Using a fine needle, a small amount of local anesthetic and steroid medication are injected into the affected areas to try to break up the muscle spasms.

The procedure takes about 15 - 20 minutes and is done in the office. No specific preparation is required prior to the injections. There may be some mild soreness in the area following the injections. This is best avoided by applying some ice to the area several times over the next 24 hours.

1200 East Ridgewood Avenue • East Wing, Suite 208 • Ridgewood, New Jersey 07450 • Tel: (201) 444-0868 • Fax: (201) 447-0581