



## Trigger Point Injections

Trigger points are commonly responsible for aches and pains that bring patients to the doctor's office. A trigger point is a tight band of muscle fibers that causes tenderness, restricts normal range of motion, and refers pain to another site.

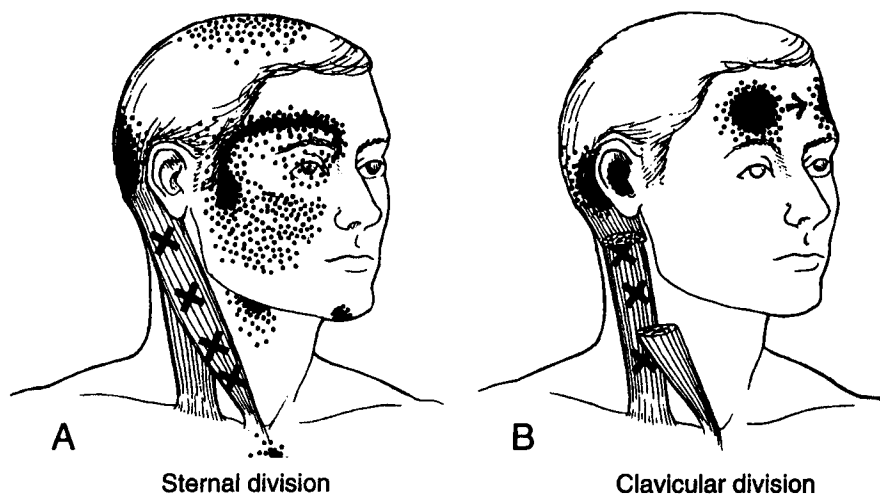
If a trigger point does not resolve with exercise, massage, or therapy, injections may be performed. The doctor inserts a needle to help separate the knotted fibers. As the needle does its work, the fibers are stretched, and a jump, or twitch occurs in the muscle. The "jump" signifies a return of the muscle fibers to their base length, creating relaxation and relief.

Novocain may be injected at the site, but it is not necessary to inject anything into the muscle in order to get excellent results from trigger point needling. The needle does most of the work! It is necessary, though, to get a jump sign in order to verify that the muscle has relaxed.

### CASE HISTORY:

M.G. is a pleasant 50-year-old who runs the business out of her home. She spends many hours on the phone, and often crooks the phone between her ear and her shoulder. Is it any wonder that she has headaches on the side that she holds the phone, due to trigger points in the SCM muscle?

Below is the pattern of referred pain from an SCM trigger point:



One set of trigger point injections was all it was needed to relieve MG from years of muscle tension "migraine" headaches!