



Understanding Trigger Point Injections: Relief for Muscle Pain

What are Trigger Point Injections?

Trigger points are hyperirritable spots in the skeletal muscle that can cause localized pain and often refer pain to other areas. These knots of muscle fiber can be incredibly painful and limit mobility. Trigger point injections (TPIs) are a minimally invasive procedure designed to alleviate this pain by directly targeting these problem areas.

The injection typically contains a local anesthetic, sometimes combined with a corticosteroid, which is precisely inserted into the trigger point. This medication helps to relax the muscle fibers and reduce inflammation, effectively “deactivating” the trigger point and providing pain relief.

As [Specialists in Physical Medicine and Rehabilitation](#), we commonly use TPIs to treat conditions such as:

- Myofascial pain
- Neck pain
- Upper back pain
- Chronic back pain
- Shoulder pain

The Procedure Explained

Before the Procedure

- Inform us about any medications you’re taking, especially blood thinners.
- Discuss any allergies, particularly to anesthetics or steroids.
- If you’re anxious about needles, let us know so we can take steps to make you more comfortable.

During the Procedure

The TPI procedure is relatively quick and straightforward:

- We’ll identify the trigger point through physical examination.
- The injection site will be cleaned with an antiseptic solution.
- A small needle will be inserted directly into the trigger point.
- The medication (typically a mixture of local anesthetic and, in some cases, a corticosteroid) will be injected.
- The needle is removed, and a small bandage is applied.
- The entire process usually takes just a few minutes.

After the Procedure

- You may experience some soreness at the injection site for a day or two.
- Apply ice or heat as needed for comfort.
- Avoid strenuous activity for the rest of the day, but gentle stretching is encouraged.
- You may resume normal activities the following day unless instructed otherwise.

Benefits of Trigger Point Injections

At Desert Spine and Sports Physicians, we've seen the significant benefits TPIs can provide. Many of our patients report a significant improvement in their pain level and quality of life following a series of trigger point injections. With targeted treatments, patients can experience many benefits, including:

- Immediate pain relief in many cases
- Improved range of motion and flexibility
- Reduced muscle tension and spasms
- Enhanced effectiveness of physical therapy
- Improved sleep quality
- Increased ability to perform daily activities

Potential Risks and Side Effects

Trigger point injections are generally safe. However, as with any medical treatment, it's important to be aware of risks and side effects.

Common side effects:

- Temporary pain or numbness at the injection site
- Minor bleeding or bruising

Rare complications:

- Infection at the injection site
- Allergic reaction to the medication

To minimize risks, we always perform TPIs under sterile conditions and carefully screen patients for potential contraindications. If you experience severe pain, fever, or signs of infection following the procedure, [contact our non-surgical specialists](#) immediately.

FAQs About Trigger Point Injections

How often can you receive trigger point injections?

The frequency can vary depending on your specific condition and response to treatment. Generally, we recommend spacing injections with at least a couple of weeks in between, especially if the TPI includes a corticosteroid.

Are trigger point injections painful?

Most patients report only minor discomfort during the procedure. The injection itself feels like a brief pinch, and any soreness afterward is usually mild.

How quickly do they work, and how long does the relief last?

Many patients experience immediate relief, while it may take a day or two for others. The duration of relief varies, but many patients report benefits lasting several weeks to months.

Trigger Point Injections in Arizona

At Desert Spine and Sports Physicians, we are committed to helping our patients achieve optimal function and quality of life. If you're struggling with persistent muscle pain, we invite you to connect with one of our [spine and musculoskeletal medicine specialists](#). We can evaluate your condition and determine if trigger point injections might be an appropriate [non-surgical treatment option](#) for you.

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