



## Procedure Overview

# TRIGGER POINT INJECTION

### What is a trigger point injection?

Trigger point injection can help relieve tender muscle areas that are painful to touch. Injection is made with a small amount of local anesthetic (numbing medication) and/or a steroid (antiinflammatory) into the painful site. The local anesthetic will numb the area, relieve the pain, and decrease the muscle spasm. The steroid will decrease inflammation.

### What is the goal of a trigger point injection?

The goal is to provide pain relief so that you are able to resume normal activities.