



## Patient Information Sheet

You've just been referred to the Muscle MD clinic for trigger point injection therapy. This type of therapy is used to treat a number of conditions involving muscular injury such as:

- Whiplash/sprain injuries of the neck/back (e.g. Motor Vehicle Accident)
- Mechanical back pain
- Frozen shoulder
- Headaches with a muscular tension component
- TMJ pain
- Muscular pain/tightness with no other identifiable cause

### What is Trigger Point Injection therapy?

- A trigger point is a tight band of muscle which can cause pain and limitation in movement.
- The trigger point will be injected with a bit of local anaesthetic, saline solution, or dextrose (a sugar mixture). This causes the tightened band of muscle to release, which can alleviate muscular pain.
- The needle is not inserted into any nerves- only superficially into the muscle and/or fascia (just under the skin).
- On average, 5-15 treatments will be enough for lasting benefit, depending on the area of the body being treated.
- Common side effects include soreness at the site of treatment, hematoma/bleeding, bruising and fatigue.
- We do NOT offer cortisone/steroid injections.

You will not necessarily need to receive treatment during your consultation visit. Your comfort level and needs are important to us, and we are happy to answer and discuss any concerns you may have in regards to trigger point injection therapy.

**All treatment is fully covered by MSP**

For more information, please visit our website: [www.musclemd.ca](http://www.musclemd.ca)