

Trigger Point Injection

Trigger Point Injections are used in the treatment of painful knots of muscle, called trigger points, which fail to relax. Trigger points can be painful and, by irritating surrounding nerves, can cause pain to radiate into other areas of the body. A trigger point injection is a minimally invasive procedure in which the physician injects a corticosteroid and numbing agent into the knotted area, usually in the lower back, neck, arms, or legs. The injection is usually effective in treating the problem.