

UNDERSTANDING TRIGGER POINT INJECTIONS (TPI)

What Are Trigger Point Injections (TPI)? Trigger Point Injections (TPI) are a treatment for muscle pain. Muscles can develop tight, knotted areas called "trigger points," which can cause pain in different parts of the body. TPI helps relax these knots, reducing pain and improving movement.

How Do They Work? During the procedure, a small needle is inserted into the trigger point, delivering a tiny amount of local anesthetic. This helps in two ways:

1. The needle itself releases the tight knot in the muscle.
2. The anesthetic reduces nerve sensitivity, calming the pain.

The process is quick, with minimal discomfort—many patients say it feels like a small pinprick.

What Conditions Can TPI Help With? TPI can relieve pain from conditions such as:

- Headaches and migraines
- Neck and shoulder pain (e.g., rotator cuff issues, bursitis)
- Tennis elbow and carpal tunnel syndrome
- Lower back pain, arthritis, and hip problems
- Knee and ankle pain

How Many Treatments Will I Need? Most patients start with **four treatments** to see if TPI is effective for them. If they feel at least **40% better**, additional treatments (usually 6-10 total) may be recommended. Sessions are done twice a week at first, then weekly.

Will the Pain Come Back? Many patients experience long-lasting relief after treatment. If pain returns later, fewer treatments are usually needed to regain relief. Unlike other therapies, TPI does not require ongoing maintenance.

Is TPI Different from Other Needle-Based Treatments? Yes! Unlike **Intramuscular Stimulation (IMS)**, which repeatedly pokes the muscle, TPI involves a quick in-and-out injection, making it much less painful. Most patients describe only mild discomfort.

What to Expect After Treatment

- Some patients feel sore for 24 hours, similar to a workout.
- Others notice immediate relief or gradual improvement over several sessions.
- After two weeks of treatment, patients can start gentle movement exercises to rebuild strength.

Why Haven't I Heard About TPI Before? Trigger Point Therapy has been around since the 1960s but is still not widely known. Many doctors are unfamiliar with it, but it has helped thousands of patients find relief where other treatments have failed.

Want to Learn More? Talk to your doctor to see if Trigger Point Injections are right for you. If muscle pain is affecting your daily life, this treatment could be the solution you've been looking for!

TRIGGER POINT INJECTIONS CONSENT FORM

Trigger Point Injections (TPI) are used to treat painful and tender muscles. Normally, muscles are able to contract and relax when they are active. A Trigger point is a discreet knot or tight ropy band of muscles that occurs when muscles fail to relax. The knot can be felt under the skin and may twitch involuntarily when touched (Tender sign). Trigger point areas may irritate the nerves around them, and cause referred pain, or pain to other parts of the body.

Trigger Point Injections uses fine, disposable, and sterile medical needles to inject local anesthetic (lidocaine and/or dextrose). This inactivates the trigger point and alleviates pain allowing the muscle and the surrounding nerve endings to desensitize and heal.

I understand and accept the treatment protocol.

I understand and accept the common risks and complications of trigger point injections. Medical complications may include (but not limited to):

- Soft tissue swelling/bruising;
- Infection;
- Increased pain (for 24 hours).

I understand that there are serious but rare complications:

- Trauma to nerves causing temporary numbness;
- Pneumothorax/collapsed lung (if shortness of breath is noted go to local ER as treatment is readily available).

GENERAL ADVICE:

Before treatment - have a light meal, no alcohol/tranquilizer 4 hours before treatment, take pain/prescribed medication as directed by your doctor. Wear dark-colored clothing.

After treatment - rest for 2 hours if possible, take pain medication as prescribed, avoid strenuous activity for 2 days even if you are pain-free.

Patients are requested to inform myself about conditions such as allergies, pregnancy, pacemakers, hepatitis, HIV, haemophilia, bleeding disorders or the use of blood thinners prior to treatment.

I certify that I have read and understand this consent form. And, that by signing this form once, I agree to assume all the risks for this treatment procedures, and for any and all future treatment procedures that I receive at this clinic.

Trigger Point Injections are covered by MSP fee plan, therefore there is no cost to the patient directly.

Name: _____

Date: _____

Signature: _____