

# UNDERSTANDING TRIGGER POINT INJECTIONS (TPI)

**What Are TPI?** TPI is a treatment for muscle pain caused by tight, knotted areas called "trigger points." These knots can cause pain and restrict movement. TPI helps relax the muscle, reducing pain.

**How Do They Work?** A small needle is inserted into the trigger point, delivering a tiny amount of local anesthetic. This helps:

1. Release the muscle knot.
2. Reduce nerve sensitivity and pain.

The procedure is quick and feels like a small pinprick.

## Conditions TPI Can Help With:

- Headaches and migraines
- Neck, shoulder, and back pain
- Tennis elbow, carpal tunnel syndrome
- Hip, knee, and ankle pain

**How Many Treatments Will I Need?** Most patients start with **four treatments** to see if TPI helps. If at least **40% better**, additional sessions (6-10 total) may be recommended. Treatments are twice a week at first, then weekly.

**Will the Pain Come Back?** Many patients experience long-lasting relief. If pain returns, fewer treatments are usually needed.

**How Is TPI Different from Other Treatments?** Unlike **Intramuscular Stimulation (IMS)**, which repeatedly pokes the muscle, TPI involves a quick in-and-out injection, making it much less painful.

## What to Expect After Treatment:

- Mild soreness for 24 hours, like a workout.
- Some feel immediate relief; others improve over multiple sessions.
- After two weeks, gentle movement exercises can help recovery.

**Why Haven't I Heard About TPI?** TPI has been around since the 1960s but is not widely known. Many doctors are unfamiliar with it, but it has helped thousands of patients find relief.

**Want to Learn More?** Talk to your doctor to see if TPI is right for you. If muscle pain is affecting your life, this treatment could help!

## 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:** \_\_\_\_\_