



**Myofascial Pain Treatment Center**  
203 Arlington Street, Suite 1  
Watertown, MA 02472  
781.894.9430

## Trigger Point Needling Information

Trigger points can be treated with several different methods. Hands-on manual therapy is an effective treatment used to deactivate myofascial trigger points. Trigger point needling is also a very effective way to eliminate trigger points. There are two types of trigger point needling: *Trigger Point Injection* and *Trigger Point Dry Needling*.

All good quality trigger point needling works on the same principles:

- A comprehensive analysis of your pain history, a posture and range of motion evaluation and extensive knowledge of referred pain patterns and myofascial dysfunction symptoms. This will help indicate which muscles may be involved in your pain.
- A thorough, skilled hands-on palpation of the muscles involved to locate trigger points (tight bands or “knots”)
- Insertion of a needle into the trigger point and an elicited “twitch” response of the trigger point.
- Correction of ergonomic and posture and other factors that perpetuate the pain condition.

After over ten years of practicing and teaching trigger point dry needling, I switched to doing trigger point injections. This is due to a change in regulations that govern nurses made by the Board of Registration of Nurses in Massachusetts.

The tool I use changed (from a solid filament needle to a hypodermic needle) but the method is *exactly the same*. I typically do not inject anything but you and your physician can request that I inject lidocaine (a local short acting anesthetic like you get at the dentist office). There is no therapeutic benefit of the lidocaine except that it numbs the area for one to two hours post treatment which will reduce the post treatment soreness.

If you had trigger point injections in the past that were not effective, the TPI I provide may still help. This is often because the previous practitioner may not have treated all of the trigger points that refer to your pain area. It may also be because they did not get the “twitch” when they did the injections or dry needling.

To receive trigger point injections at Myofascial Pain Treatment Center, LLC you must get the Physician Order form signed by your physician, physician assistant or nurse practitioner. Dentists may also sign the order form if it is for face, jaw, head or neck pain.