



Myofascial Pain Treatment Center
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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.

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

A comprehensive analysis of what muscles may be involved in your pain from your history, posture and range of motion evaluation and extensive knowledge of referred pain patterns and myofascial dysfunction symptoms.

A thorough, skilled hands-on assessment of the muscles involved to locate trigger points (tight bands or “knots”)

Insertion of a needle into the trigger point and a “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 am switching to doing trigger point injections (essentially trigger point wet needling). This is due to a change in regulations made by the Board of Registration of Nurses in Massachusetts.

The tool I use is changing (from a solid needle to a hypodermic needle) but the method is the same. You and your physician can choose whether you prefer that I inject sterile saline (salt water) or lidocaine (a local short acting anesthetic like you get at the dentist office). The benefit of the lidocaine is 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 practitioner did not treat 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 even the dry needling).

To get 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. You also need to have them write a prescription for the saline and/or lidocaine. You will need to fill those prescriptions at your pharmacy and bring them to your appointment. The prescription should be enough to last for at least 4 treatments.

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Trigger Point Injections

Please have your physician fill out and sign the physician order form. The amounts below will be enough for at least four treatments.

They also need to write a prescription for either:

(4) Sterile Saline Solution (0.9%) for injection 10mL
(this is only needed if your doctor prefers no lidocaine)

OR

(4) Lidocaine HCL 1% for injection 10mL