

Trigger Point Injections (TPI)

- [What are TPIs?](#)

A TPI is the injection of a small amount of local anesthetic in the area of a muscle where you have pain or tenderness.

- [Why are TPIs performed?](#)

TPI's are done if you have myofascial (specific muscle or muscle group) pain.

- [What happens during the procedure?](#)

You may be in a sitting or lying down position. The area that is to be injected will be cleansed with alcohol wipe or antiseptic solution. The doctor will apply pressure with his finger to locate the area where you have pain. Once the specific area of pain or tenderness is located, it will be injected with a small amount of a local anesthetic/steroid solution.

- [How long does the procedure take?](#)

Less than 10 minutes.

- [Contraindications to the procedure](#)

Bleeding problems, infections at the site.

- [Special care afterward:](#)

- A Band-Aid will be applied to the injection site(s).