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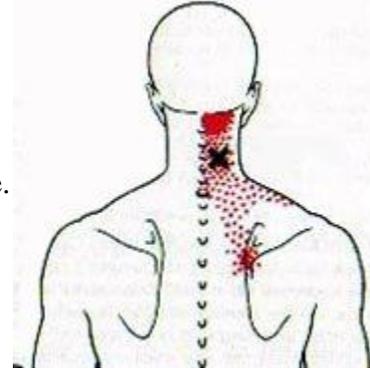
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## Myofascial Pain Syndrome

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Myofascial pain refers to soft tissue pain usually arising from trauma, repetitive activities, or poor posture. It is usually associated with muscle spasm and is most often seen in the region of the neck. Patients may complain of neck pain, pain across the top of the shoulders, sleep difficulties and, occasionally, headaches. The treatment consists of stretching exercises, mild medications, ice, massage, and sometimes, trigger point injections into the superficial muscle belly. The soft tissue pain can persist, but will usually improve with aggressive treatment and the passage of time.



Since this process involving soft tissue does not usually effect the bones or joints, the initial treatment is conservative and does not involve surgery.

Successful treatment employs limited medications and specific physical therapy, utilizing such modalities as cryotherapy, myofascial release, muscle stretching, and progressive strengthening exercises. Although this is a non-surgical problem, it can be aggravated by stress and be difficult to treat. [Trigger point injections](#) or additional methods such as relaxation and biofeedback techniques are sometimes used with excellent results.

Protocols for the treatment of myofascial pain are useful in guiding treatment and in tracking outcomes. Our physicians have designed specific protocols for myofascial pain and soft tissue injuries employing specific, limited physical therapy with selective medications and soft tissue mobilization. Patients now respond sooner with decreased pain and improved function.

Myofascial pain syndrome is a benign process, and if treated aggressively can be successfully managed with excellent outcomes. Utilizing non-surgical treatment protocols, patients respond sooner with decreased pain and improved function.

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# Trigger Point Injection

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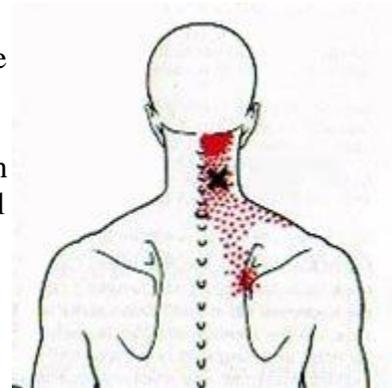
Trigger points are “knotty” areas or bands in muscle tissue. Trigger points are commonly seen in "[Myofascial Pain Syndrome](#).”

Trigger Point Injections (TPI) are sometimes given for neck pain ,headaches, and low back pain to treat muscle spasm and other soft tissue problems. Typically a low dose of anesthetic medication is injected into the trigger point(s) after careful examination. This is a simple “in office procedure” and can give excellent relief for headaches of myofascial origin and soft tissue damage.

A mixture of lidocaine and marcaine is often used to inject into the muscle trigger point, which helps to relieve muscle spasm.

Trigger Point Injections are not painful, and may be repeated on an occasional basis. The mechanism of action is by reducing the focal point of the muscle spasm. TPI are useful in the following situations:

- Muscle spasm in the back or neck
- Headaches associated with neck pain
- Focal areas of muscle hyperactivity.



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