

**Myofascial Pain Treatment Center**  
203 Arlington Street, Suite 1  
Watertown, MA 02472  
781.894.9430  
myotreatment@gmail.com

## **Trigger Point Needling Information**

Trigger points may be treated with several different methods. Hands-on manual therapy can be 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. Effective needling techniques work on the same principles:

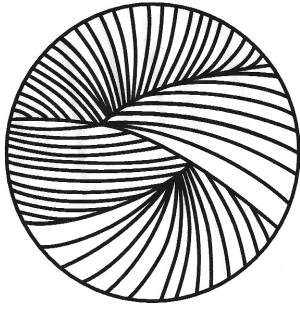
- A comprehensive analysis of what muscles may be involved in your pain from your history, posture and range of motion evaluation and extensive knowledge of referred pain patterns and myofascial dysfunction symptoms.
- A thorough skilled hands-on assessment of the muscles involved locating trigger points (tight bands or “knots”).
- Insertion of a needle into the trigger point and a “twitch” response.
- 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 immediate soreness.

If you had trigger point injections in the past that were not effective, the TPI that I provide may still help. This is because many practitioners do not treat the 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 you must get the Physician Order form signed by your physician, physician assistant or nurse practitioner. You also need to get them to 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 Injection Treatments**

Please have your physician fill out and sign the attached physician order form.

In addition, please have them write a prescription for sterile saline and/or lidocaine. The amounts below will be enough for at least four treatments.

Please fill the prescriptions at your local pharmacy and bring them to your appointment.

**(4) Sterile Saline Solution (0.9%) for injection 10mL**

And/or

**(4) Lidocaine HCL 1% for injection 10mL**

# Myofascial Pain Treatment Center, LLC

Erika Waly Bourne, RN, CMTPT

## Physician's Orders

Patient Name \_\_\_\_\_

Evaluation and treatment of pain in (areas and diagnosis):

\_\_\_\_\_  
\_\_\_\_\_

Diagnosis Code(s) \_\_\_\_\_

Using myofascial trigger point release techniques that may include:

- Manual trigger point therapy
- **Trigger Point Injection of involved myofascial trigger points:**  
    \_\_\_\_\_ Sterile Saline only    \_\_\_\_\_ 1% Lidocaine
- Myofascial stretching and corrective exercises
- Ergonomic, posture and self-care training

Additional instructions, precautions or restrictions:

\_\_\_\_\_  
\_\_\_\_\_

Physician Name \_\_\_\_\_

Physician Address \_\_\_\_\_

Telephone # \_\_\_\_\_ Fax # \_\_\_\_\_

Email: \_\_\_\_\_

PHYSICIAN SIGNATURE \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

***Please complete and return to:***

Myofascial Pain Treatment Center, LLC

203 Arlington Street, Suite 1

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**FAX 888-891-7635**

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**Trigger Point Injection Consent Form**

I, \_\_\_\_\_, do hereby give my voluntary consent for the administration of myofascial trigger point injections. I have obtained a physician's order for this procedure. My physician has also ordered either sterile saline or lidocaine to be injected.

Trigger point injection is a treatment technique used for the purpose of alleviating pain and improving posture and movement. It uses thin hypodermic needles to inject a local anesthetic or salt water. This office uses sterile, single use; disposable needles and maintains a clean and safe environment. The needles are inserted through the skin into the underlying tissues and muscles at specific spots known as myofascial trigger points. When a twitch response is obtained the trigger point is released. A small amount of fluid is injected at that site. Manual therapy techniques are often incorporated into treatment.

I have been informed that trigger point injections are generally a safe method of treatment, but that they may have side effects, including bruising, post treatment soreness and discomfort, and in rare cases, dizziness or fainting. It is possible, although very rare, to have a reaction to the injectable solution. While the risks of trigger point injections are small, there have been very rare instances reported of pneumo-thorax, a collapsed lung. I understand that while this document describes the major risks of treatment, other side effects may occur. Alternative methods of treatment and their benefits and risks have been explained to me.

I will notify Erika Bourne, RN should I have a bleeding disorder, take anti-coagulants (blood thinners), have a pacemaker or defibrillator, have any implants (medical or cosmetic) or am now or become pregnant. If any of these conditions arise during the course of my treatment, I understand it is my responsibility to make Erika Bourne, RN immediately aware of the change in my status.

I intend this consent form to cover the entire course of treatment for my present condition and for any future conditions for which I seek treatment from Erika Bourne, RN at Myofascial Pain Treatment Center, LLC.

By signing below, I give my consent to evaluation and treatment. I understand that I can refuse treatment at any time. I have been told about the risks and benefits of trigger point injections and have had an opportunity to ask questions.

Patient Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_