

Trigger Point Injections

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این پروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.co.uk

Author: Specialist Nurse
Department: Pain Management Southport and Ormskirk Hospital
Document Number: 385
Version: 1
Review Date: 30 / 11 / 2026

Trigger Point Injections

The aim of this procedure is to lessen the experience of pain. Time in the pain management clinic is available for you to discuss possible options available with the doctor/nurse providing this treatment.

Treatment is carried out using aseptic technique in an appropriate clinical area.

In this way every effort is safe to minimize potential risks such as infection and bruising which can occur with any injection.

What is a trigger point injection?

A trigger point is an irritable spot within a taught band of skeletal muscle, ligament or fascia (thin connective tissue that surrounds muscles and organs).

Trigger points often exhibit referred pain. This is pain that is felt in a separate area from the site that is believed to cause the pain. For example, a trigger point in your shoulder might refer pain down into the rest of your arm.

Research has identified two different types of trigger points active and latent. Active trigger points produce pain constantly or during movement, and can reduce the flexibility of muscles, while latent trigger points are only painful when they're compressed.

Both active and latent trigger points can result in referred pain, but as latent trigger points are only painful when touched they can go undiscovered and untreated for months or even years

Other useful telephone numbers and contacts

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Please use below QR Code to complete the patient satisfaction survey



Please call 01704 704714 if you need this leaflet in an alternative format

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

Matron

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

Infection Control Requests

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

If you are worried about your condition please contact your GP

Local anaesthetic with or without the addition of a slow release form of steroid will be injected into these sites. The desired effect of these injections is to release the muscular spasm and tension, which often exaggerate the pain experienced.

You can eat, drink and take your normal medication before this procedure

Please read your appointment card carefully, as this will tell you the clinic area and the hospital site you must attend for this procedure.

Risk/side effects

If your trigger point injection is being undertaken by the doctor and has the addition of steroid in the injection it is useful to note that all steroid injections can cause a short term reduction in the function of the immune system along with possible facial flushing, short term menstrual irregularity in females and altered blood sugar levels in diabetic patients. Further information on the risks can be found in the consent form.

Infection

There is a small chance of wound infection however we do take every measure to avoid this and procedures are conducted aseptically to reduce risk.

Bleeding

There is a small chance you may get some bleeding and or bruising around the injection site this will usually settle after a few days.

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor or nurse at your appointment or contact the people below.

Alternative Treatment Options

If you decide not to have the procedure your alternative option is to continue to manage your pain conservatively.

This can be assisted with physiotherapy and referral to a pain management programme if suitable.

On the day of your injection, you and your doctor/specialist nurse will sign the consent form together to document your consent to proceed with the procedure.

Contact Details

Chronic Pain Management Contact Details

(01704) 704201

Monday - Wednesday

Chronic Pain Management Contact Details

(01695) 656421

Wednesday – Fridays

Appointments Office 01695 656680

Daycase Appointments 01695 656007

Specialist Nurse and Pain Nurses

Telephone: 01704 705132