



# NEW SMYRNA WELLNESS CENTER

James R. Meredith, MD  
Ellis F. Fort, PA-C  
313 Julia Street  
New Smyrna Beach, Florida 32168

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## **TRIGGER POINT INJECTIONS**

### ***What is a trigger point injection (TPI)?***

It is an effective treatment modality in which local anesthetic and anti-inflammatory agents used to relieve painful symptoms, often in the neck and back muscles.

### ***What is a “trigger point”?***

It is focal point within a muscle group that causes referred pain and dysfunction.

### ***How does a trigger point cause problems?***

It can cause pain and discomfort, since they are associated with surrounding nerve fibers. If left untreated or insufficiently, it can lead to chronic pain.

### ***How does the treatment work?***

The action of the needle is very needle because it releases potassium and disrupts the conduction of nerve cells. A local anesthetic also has been shown to disrupt the high frequency discharges from nerve fibers...quiets them down! The treatment extends beyond the effect of the medication. Though the medication may only last 12 hours, the effect will last for days and perhaps longer. (Kind of like taking a sleeping pill. It may only last 3-4 hours, but because you are already sleeping, you stay asleep. The nerves work in the same way.)

### ***Why do I need more than one?***

You've suffered an injury. It's going to take some time for the nerves and muscles to fully reset. Because of factors like posture and muscle memory, muscles will tend to revert to their previous state.

### ***My pain is better, do I need any more?***

Like an antibiotic, it's best to complete the whole treatment so that your body gets the best therapy. We want you to start feeling better! We also don't want things to get to get worse and at New Smyrna Wellness Center, we believe in Wellness and don't believe in waiting till you feel “bad” to receive the best care! There may be an underlying problem that may be exacerbating your condition.

### ***Do they hurt?***

Getting the injections are tender. We are putting them into sensitive areas. Keep in mind that our goal is to alleviate your pain and discomfort and that the temporary pain with the injection translates into long-term relief! We strive to make them as painless as possible and use the smallest needles possible!

### ***But I don't like needles!***

The needles we use are very small, the same as we use when giving Botox!