**Injection Therapies for Pain**

**Trigger Point Injections** are indicated for relief of acute and chronic pain in muscles that have been strained or injured, are in spasm, or have chronic tension. Often, pressing on specific areas of the muscle triggers a pain sensation, hence the term “Trigger Point”. Injecting into those points reduces or eliminates tension and pain and restores motion. Almost any muscle can be treated using this technique including shoulders, back, hips and legs. It can be used to relieve recent pain as well as resolving conditions that have been present for many years. By relieving the muscle tension around the spine, it can also be helpful in controlling symptoms of nerve tingling or numbness and other symptoms caused by spinal disc problems.

This treatment method has been practiced since the 1960s. Over time, the procedure has become more refined and now there are several injection methods. Often a local anesthetic such as Lidocaine is used. Many alternative health care practitioners have adopted more natural methods, including injecting **homeopathic products such as Traumeel**, because rather than just blocking a pain message, homeopathic products stimulate the body to heal. This often results in greater success than dry needling or just injecting an anesthetic, and there is often less post-injection discomfort. The homeopathic effect usually creates progressive improvement with each treatment. The number of treatments required varies depending upon the condition.

Homeopathic products act differently than drugs, and this treatment is not the same as Cortisone (steroid) injections. Those injections often need to be deep in the muscle and can be very painful. While they can be effective, repeat treatment is often required as the drug effect wears off over time. There is a limit to how many injections can be given in a particular body area, as this drug can actually cause long-term damage to the muscle or bone in the injected area. Another injection option can be a “nerve block” using an anesthetic. In this case, as the name describes, the messaging of the nerve is blocked on its transit back to the brain. This can help to eliminate the perception of pain, but it doesn’t treat the problem that is causing the pain in the first place.

Trigger point injections might feel like something similar to acupuncture with a slight to moderate brief sensation of pain. Occasionally you might experience more pain if an injected area has been inflamed for a long time or is in acute spasm. The pain usually goes away immediately after the injection. The injection only penetrates into the muscle, never as far as a joint or tendon/ligament attachments to the bone, and rarely needs to be deep. Occasionally someone might experience some slight swelling, bruising or inflammation after the injection but this can be decreased with icing or the use of an additional homeopathic product provided by your doctor (usually topical Arnicare cream or gel will help any bruising).

Usually, the Trigger Point injections allow other treatment modalities such as massage, chiropractic, physical therapy and acupuncture, to provide much more benefit. Once significant symptom improvement has occurred from the injections, these other modalities can then add further support and create long term strengthening and alignment of the body.

**Therapeutic Subcutaneous Injections** with homeopathic products: sometimes a smaller muscle or a joint area needs treatment that requires a different injection method. This involves shots just under the skin surface with a very small needle. The homeopathic medications have a healing effect below where the injections were made. If the area is a “hot spot”, these injections can sting for a very brief period of time. This sensation is useful to the doctor, as it is then clear that an area needing treatment has received it.

Arthritis in any joint responds extremely well when using this method. Other conditions treated include neck tension and pain, joint strains or sprains including knee pain, Tennis Elbow, Carpal Tunnel and other wrist/ hand pain, finger, ankle and toe sprains, and Plantar Fasciitis. This method can also be used for **non-musculoskeletal conditions** including relief of headaches and migraines, sinusitis pain and pressure, abdominal or pelvic cramping, and lymph swelling and edema. Symptom relief can be almost immediate after treatment.

Homeopathic Trigger Point injections and Therapeutic Subcutaneous injections have absolutely been the most useful method I have found to resolve acute & chronic pain and spasm or cramping symptoms. Most frequently, this approach is the last one patients try, and it is the one that most effectively returns them to the healing path. Patients have been heard to say, “I can’t believe I am looking forward to more injections!”