



www.neurobergen.com

Adult Neurology

Reed C. Perron, MD John T. Nasr, MD
Hugo N. Lijtmaer, MD Amrit K. Grewal, MD
Daniel R. Van Engel, MD Olga Noskin, MD
Kenneth A. Levin, MD Yamini Naidu, MD
Kenneth A. Citak, MD Daniel Berlin, MD, MSc
James T. Shammass, MD Fumin Tong, MD, PhD
Susan P. Molinari, MD Elena Zislin, PA-C

Pediatric Neurology

Peter L. Heilbronner, MD, PhD
Jennifer A. Cope, MD
Alexis M. Dallara-Marsh, MD
Mitchell Steinschneider, MD, PhD
Heather Weiner, APN

Managing Partner

Hugo N. Lijtmaer, MD

Chief Operations Officer

David T. Contento, FACMPE

Neuro Rehabilitation Center

Kenneth A. Citak, MD
Medical Director

John Jensen, PT
Director of Rehabilitation

TRIGGER POINT INJECTIONS

Healthy muscle contracts when it is in use and relaxes when its work is complete. Under certain conditions, muscles can stay tense after contracting, preventing the muscle from relaxing. When muscles are constantly tense, tissue in the muscle can degenerate to form nodules (hard spots) called trigger points. These nodules can trap or irritate surrounding nerves and "trigger" pain in surrounding areas. Many well-described trigger point patterns have been identified, however, trigger points can occur anywhere in the body, and can sometimes be hard to diagnose and treat.

Trigger point injections are a safe and effective treatment for localized areas of muscle spasm (trigger points). These injections are performed in the office setting. The physician is able to localize these trigger points by pushing with his/her fingers. When the spots are identified, the skin is then cleansed with alcohol or Betadine. Using a fine needle, a small amount of local anesthetic and steroid medication are injected into the affected areas to try to break up the muscle spasms.

The procedure takes about 15 - 20 minutes and is done in the office. No specific preparation is required prior to the injections. There may be some mild soreness in the area following the injections. This is best avoided by applying some ice to the area several times over the first 24 hours.

Appointment Date: _____ **Appointment Time:** _____

DISCLAIMER

OUR OFFICE WILL OBTAIN AUTHORIZATION FOR YOUR TEST; HOWEVER, THIS IS NOT A GUARANTEE OF PAYMENT. IT IS IMPORTANT THAT YOU UNDERSTAND YOUR INSURANCE PLAN'S CURRENT BENEFIT AND COVERAGE RULES. SOME INSURANCE PLANS PAY DIFFERENTLY DEPENDING ON THE PLACE OF SERVICE, FOR EXAMPLE; OUT-PATIENT HOSPITAL VERSUS A DOCTOR'S OFFICE. YOU MAY BE AT RISK FOR A GREATER OUT-OF-POCKET FINANCIAL RESPONSIBILITY; THEREFORE, YOU SHOULD CALL THE MEMBER SERVICES OR BENEFITS TELEPHONE NUMBER LISTED ON YOUR INSURANCE CARD TO FIND OUT WHAT YOUR FINANCIAL OBLIGATION MAY BE PRIOR TO ANY APPOINTMENT.

A CANCELLATION / NO-SHOW FEE OF \$100.00 WILL BE BILLED TO YOU IF YOU DO NOT GIVE AT LEAST 24 BUSINESS HOURS NOTICE PRIOR TO CANCELLATION OF YOUR APPOINTMENT.