

The

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Support for the FM FaMily



HOPING FOR A PAIN FREE

2016

FOR OUR READERS



ASK THE DOCTOR

By Dr. Jenner



Trigger Point Injections: Your Questions Answered

Trigger point injections are an effective and commonly practised pain intervention for those who suffer with Fibromyalgia. In fact, many patients who previously saw no relief with conservative therapies have shown great results with trigger point injections.

Unfortunately many patients are still unsure of the benefits of trigger point injections, and continue to suffer through unnecessary pain. Because of this, we'd like to share some patient questions, in hopes it will help others who could benefit from this treatment.

Question - Judith in Bromley

What are trigger point injections, and how are they most effective (i.e. all over the body pain or more targeted trigger points?)

There are a number of different types of trigger point injections including dry needling (acupuncture), and wet needling (with local anaesthetic/ local anaesthetic plus steroid or botox).

Trigger point injections are thought to work by causing local relaxation of muscle fibres, leading to a reduction in tension and a reduction of afferent pain traffic back to the spinal cord. They also release endorphins in a number of patients, which gives an overall analgesic effect. They are most useful when there are specific targeted trigger points, rather than when patients have widespread all over body trigger points. The aim is to shrink down the area of trigger points to the smallest area, before using trigger point treatment.

Question from Mark in Kidlington

If someone has all over body pain, can treating the worst affected area with trigger point injections help the other areas?

Yes, in some cases this can be effective, although this is always on a case by case basis for which patients need to be fully, medically assessed. Various treatment options must be reviewed and discussed in person with the patient, so they can make an informed decision as to the best course of treatment

Question Fiona in Canterbury

What are the main benefits of TPI's and can successful TPI's result in lower requirements for oral drugs?

The main benefits of trigger point injections include reduction in pain, spasms, and analgesic requirements, in addition to improvement in overall functions. If and when trigger point injections (either dry or wet needling) is effective, this can indeed lead to a lowering of oral, analgesic medications.

With several years of experience treating patients with Fibromyalgia, The Fibro Clinic urges patients to consider trigger point injections as a highly effective treatment option with little to no side effects. We are pleased to share our knowledge, and are dedicated to providing the best possible treatment options.

Dr Chris Jenner is the leading Pain Consultant at The Fibro Clinic and believes that many of those suffering from the effects of Fibromyalgia can find increased comfort through a multidisciplinary approach to pain relief. With expertise in treating over 90 different pain conditions and detailed research from around the world, Dr Jenner has developed a variety of medical treatments for Fibromyalgia. At The Fibro Clinic, we offer numerous treatments for managing your fibromyalgia, including both pharmacological and non-pharmacological therapies. With the right combination, patients can often see incredible results, and the symptoms of FMS/ME can often be reduced dramatically.

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ASK THE DOCTOR

Doctor Jenner of the Fibro Clinic has agreed to answer readers' questions

If you have any fibromyalgia specific questions that you would like addressed please email your question to office@UKFibromyalgia.com or write to:

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