



CENTRE HOSPITALIER UNIVERSITAIRE  
UNIVERSITY TEACHING HOSPITAL



## CHUB PAIN CLINIC

### TRIGGER POINT INJECTIONS

**Definition:** A procedure used to treat painful areas of muscle that contain knots of muscle that form when muscles do not relax. Many times, such knots (trigger points) can be felt under the skin.

**Indication:** Muscle spasms

**Juice:** (This can be prepared for many patients)

- Dextrose 50% 23mL
- Bicarbonate 23 mL
- Magnesium sulfate 8-10mL

Add 7mL of Lidocaine 1% to the juice (3mL) and make 3-4 10mL syringes.

### **Equipment:**

- ✓ BP machine and SpO2 Monitor
- ✓ 10cc syringes (5)
- ✓ 2cc syringes (2)
- ✓ NS 500 mL (1)
- ✓ Sterile set of gauzes, kidney dish and drape
- ✓ Sterile gloves (1pair) and examination gloves ( 5 pairs)
- ✓ Available IV catheters, drips and fluids in the room
- ✓ Emergency drugs ( Adrenaline and Atropine)
- ✓ Intravenous Lipid emulsion 10% or 20% or 30% available
- ✓ Oxygen cylinder and masks in the room

**Zero  
Pain**

**Together we have decided to fight against Pain**