

LeDerm

Laser & Medical Aesthetics

Get Your Game Back in Swing Increase Range of Motion with Trigger Point Pain Management

Trigger points are tight, painful knots that form nodules in muscle tissue. They can occur anywhere on the body but are typically found in the neck, shoulders and upper back muscles which can remain contracted, causing pain and limiting range of motion in daily activities such as sports and even driving.

Studies have shown that injection therapy can relieve or heal the nodules, reduce pain, and significantly increase range of motion and enhance performance.



781-862-8100

**Award-winning Medical Spa
19 Years of Cosmetic Medical Experience**

LeDerm

Laser & Medical Aesthetics

Types of Trigger Points Injections

Trigger point treatments involve injecting a small amount of medication directly into the trigger point or muscle nodule.

The medication may include Lidocaine, Steroids, Neurotoxin, and Collagen Threads. Injections alleviate Nodules and Myofascial Pain Syndrome.

Combination Injection Therapy is a common treatment practice for longer lasting pain relief. For example Neurotoxin and Lidocaine are often injected together. LeDerm can advise you on the best treatment options.

Lidocaine Injections

Lidocaine, a local anesthetic, is commonly used in trigger point injections to numb the area and reduce pain. Lidocaine usually provides temporary pain relief, and in some cases may last for a month or more.

Neurotoxin (Xeomin, Botox, Dysport, etc.)

Neurotoxin can provide pain relief by relaxing contracted muscles and alleviating muscle tension and spasms. Neurotoxins can also improve overall muscle function and significantly increases range of motion.

Dry Needling

Dry Needling uses tiny needles, similar to acupuncture needles and is one of the most effective treatments for trigger points. Injecting needles into the muscle actually helps to relax it and reduce the nodule.

Collagen Threads

Collagen threads are thin, biodegradable threads that are inserted under the skin and into the trigger point nodule. Over time, the threads dissolve and prompt the body to produce new collagen tissue that strengthens and replaces the damaged tissue.

Call for Your Consultation

781-862-8100

922 Waltham St.

Lexington, MA 02421

www.lederm.com