

GOOD NEWS!
TRIGGER POINT INJECTIONS
ARE NOW COVERED BY MSP!

Dr. Helen Heydari is a family physician trained at UBC. She is a member of CFPC (College of Family Physician of Canada) and has experience treating pain. She has background experience in anesthesiology specialty in back home and treating acute and chronic pain, so she can treat patients of all ages in the family practice setting who are suffering from musculoskeletal related pain.

INTEGRATED MEDICAL WELLNESS CLINIC

APPOINTMENTS CAN NOW BE BOOKED ONLINE:

WWW.INWELLN.V.CA

Or by phone at **604.971.5153**

INTEGRATED WELLNESS MEDICAL CENTRE
1150 Marine Drive, Suite 502, North Vancouver
British Columbia V7P 1S8
Phone: 604-971-5153 | Email: clinic@inwellnv.ca
Fax# 604-971-5123
Clinic Hours: Monday - Sunday

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Trigger Point Injection

Immediate positive side effect including pain relief, feeling softer and looser within tight areas, energized and emotional release.

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WHAT IS TRIGGER POINT INJECTIONS?

Trigger points are painful sites inside our muscles or connective tissues. They behave like something caught in the moving parts of our body.

Trigger points are invisible on images such as x-ray, ultrasound or MRI. The pain is related to a specific point inside a muscle. They can feel firm, like a knot embedded in muscle or like a thin sheet of tenderness in the overlying facial layer. Direct pressure over the correct trigger point will reproduce the symptoms, like pain and stiffness, reduced range of motion and mobility and most often not in the same place.

The trigger point needle is hollow and has a beveled edge, which makes it possible to mechanically break down painful spots. The needle teeth is used to gently explore around the area of pain using a drop of local freezing if needed. The scar tissue, inflammation or calcification targets are microdissected with the tip of the needle. It brings more immune system cells toward spots and allows the restoration of normal blood supply.

Examples of acute and chronic causes we treat are rotator cuff pain, Frozen shoulders, IT band tendon (side of the thighs) pain, arms, foot issues and neck pain.

** If you are on blood thinners, please notify your doctor before continuing Trigger Point injections **



THE PROCEDURE

The procedure takes only a few minutes. Trigger point injections utilize sterile medical needles, lidocaine, a local anesthetic, to target the effect of the spots by increasing the flow of oxygenated blood and nutrients. There are NO cortisone involved.

SIDE EFFECTS?

- Tolerable Pain from the injection
- Grinding sensation from penetration of the thickened fascia
- Bruise and minor bleeding from injection site
- Increased soreness for a few hours to days which is minimized by applying heat and resting
- The very rare major side effect might be perforation of organs like lung, bladder, bowel, spinal cord (like limb numbness)

In case of allergy to anesthetics, treatment can be done with nothing in the needle.

