



Supporting You Every Step of the Way!

*NeuPath provides
personalized nerve block and
trigger point injection
treatments to relieve chronic
pain and improve quality of
life.*

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**Nerve Blocks
&
Trigger Point Injections**

**Targeted Treatments for
Chronic Pain**

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What Are Nerve Blocks?

Nerves carry pain signals to your brain. Nerve blocks inject a local anesthetic and/or steroid close to nerves to “numb” pain signals temporarily. This reduces pain and may interrupt chronic pain cycles.

What Are Trigger or Tender Points?

Small injections of anesthetic or steroids into tender muscle knots (trigger points) to relieve muscle pain and stiffness.

Important Notes

- These injections are often part of a broader pain management plan, not a cure
- Track your pain relief after the procedure to share at follow-up
- Resume most normal activities the same day
- Avoid strenuous activity for 24 hours
- Apply ice to help manage soreness if needed
- Wear comfortable, loose clothing

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Therapeutic Procedures



Nerve Blocks

Common Nerve Block Uses:

Cervical Nerve Blocks

- For neck, shoulder, and arm pain

Thoracic Nerve Blocks

- For upper and middle back pain

Lumbar Nerve Blocks

- For lower back and leg pain

How it Works:

- Landmark-based needle guidance is a technique that uses surface anatomy and tactile (palpation) cues to identify and target specific structures such as nerves, joints, or blood vessels
- Local anesthetic and/or steroid injected temporarily blocks pain signals

After Your Procedure:

- Monitored 15–30 minutes
- Mild post-procedure soreness may occur up to 4-6 hours

Trigger/Tender Point Injections

Common Trigger Point Uses:

- Muscle pain
- Headaches / facial pain
- Fibromyalgia
- Post-surgical / traumatic pain

Often part of a multi-modal pain management plan

How it Works:

- Local anesthetic and/or steroid injected into the trigger point to provide relief and relaxation to the muscle

After Your Procedure:

- Monitored 15–30 minutes
- Mild post-procedure soreness may occur up to 4-6 hours

Speak to Your Physician Today!

