

# About Fibro Fact Sheets

Information on Fibromyalgia Syndrome  
Fact Sheet 12

## How Is Fibro Treated?

### Injections and Infusions

There are a number of injections and infusions that may be helpful in managing Fibro and these are sometimes available from Pain Management clinics or specialist doctors.

**Trigger point injections** are to treat the myofascial trigger points that many people with Fibro suffer from. The injections are made directly into the area affected by the trigger points which, in people with Fibro, is often primarily the neck, shoulders and back. The injections work to disrupt the myofascial trigger point, giving that area a chance to relax. However, unless a patient finds that they are lucky enough to get months of relief from these injections, they are not an ideal long-term treatment option and are usually best combined with a program of specialist massage, stretches and medications to reduce muscle tension and hypersensitivity. Trigger point injections can actually be done in some people with **dry needles** (i.e. injections with no drugs), but **lidocaine**, **corticosteroids** and even **Botox** are also used<sup>41</sup>.



**Botox** or injections of Botulinum toxin is widely known as a cosmetic procedure to reduce wrinkles. However, Botox injections can also be very effective for pain relief as a form of Myofascial trigger point injections. Botox is expensive and so the injections are not widely available on the NHS<sup>41</sup>.

**Corticosteroid** injections are sometimes used as a form of Myofascial trigger point injection, but they are also used for inflammatory conditions, such as tendonitis or bursitis, which people with Fibro may also have<sup>41,42</sup>.

**Lidocaine** can be used in a number of ways as a treatment for Fibro. It can be used as a form of Myofascial trigger point injection<sup>41</sup>. It can be used as a low-dose general injection<sup>42</sup>, sometimes along with a combination of magnesium and vitamins (when it is known as a modified Myers Cocktail), to reduce overall pain and provide a Fibro patient with a boost that is particularly useful when starting treatment or in combating flares. And it can be used as a high-dose infusion<sup>43</sup>, taking several hours or even days, to reduce Fibro pain. The infusions are expensive because the patient needs to be monitored carefully as there is a risk of cardiac or respiratory complications, but some people find them very helpful.

**Strong opioids**, such as morphine, are not recommended as a treatment for Fibro because they cannot work as well in people with Fibro and the risk of side effects is very high<sup>3,13,15,33</sup>.

References available online at: <http://www.fibroaction.org/Pages/About-Fibro-References.aspx>