Lidocaine, hyaluronidase mix works faster in myofascial pain

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(HealthDay)—In patients with myofascial pain syndrome (MPS), trigger point injection (TPI) with lidocaine and hyaluronidase works more quickly on the first day following injection than lidocaine alone, but there are no significant differences between the methods after four days, according to a study published online Oct. 7 in *Pain Practice*.

Ji Won Choi, M.D., from the Sungkyunkwan University School of Medicine in Seoul, South Korea, and colleagues randomized 61 adults (aged 25 to 75 years) with MPS affecting both trapezius muscles to treatment with either lidocaine (31 patients; 3.2 mL 0.5 percent) or hyaluronidase (30 patients; 3.2 mL 0.5 percent lidocaine + hyaluronidase 600 IU/mL). All patients received TPI. The verbal numerical rating scale (VNRS), the neck disability index (NDI), and the short form of brief pain inventory (BPI-SF) were used to evaluate outcomes.

The researchers found that in both groups, VNRS decreased on days four, seven, and 14, compared to pre-TPI. In the lidocaine + hyaluronidase group, there was also a decrease in VNRS on day one. However, there were no significant VNRS differences between the groups. Both groups experienced significant decreases in NDI and BPI-SF scores after TPI.

"TPI consisting of lidocaine mixed with hyaluronidase worked more effectively than lidocaine alone on post-TPI day one," the authors write.

 More information: Abstract
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