



MEDICAL POLICY STATEMENT D-SNP

Policy Name & Number	Date Effective
Trigger Point Injections-DSNP-MM-1495	06/01/2024-11/30/2024
Policy Type	
MEDICAL	

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Medical Policy Statements prepared by CareSource and its affiliates do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage) for the service(s) referenced in the Medical Policy Statement. If there is a conflict between the Medical Policy Statement and the plan contract (i.e., Evidence of Coverage), then the plan contract (i.e., Evidence of Coverage) will be the controlling document used to make the determination. According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

This policy applies to the following Marketplace(s):

<input checked="" type="checkbox"/> Georgia	<input checked="" type="checkbox"/> Ohio
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A. Subject

Trigger Point Injections

B. Background

Myofascial trigger points are self-sustaining, hyper-irritative foci in any skeletal muscle, often occurring in response to strain produced by acute or chronic overload. There is no associated neurologic deficit, and the pain may be aggravated by hyperextension of the spine, standing, and walking. These trigger points produce a referred pain pattern characteristic for that individual muscle. Each pattern becomes part of a single muscle myofascial pain syndrome (MPS) which is responsive to appropriate treatment. To successfully treat chronic myofascial pain syndrome, each single muscle syndrome needs to be identified along with every perpetuating factor. The purpose of a trigger point injection (TPI) is to treat not only the symptom but also the cause through the injection of a single substance (eg, a local anesthetic) or a mixture of substances (eg, a corticosteroid with a local anesthetic) directly into the affected body part in order to alleviate inflammation and pain.

Interventional procedures for management of pain should be part of a comprehensive pain management care plan that incorporates an initial trial of conservative treatment utilizing appropriate medications, physical therapy modalities, and behavioral support as needed.

Interventional procedures for the management of pain unresponsive to conservative treatment should be provided only by healthcare providers acting within their scope of practice who are qualified to deliver these health services.

C. Definitions

- **Acute Pain** – Pain that lasts less than 4 weeks.
- **Physician Supervised Home Exercise Program (HEP)** – A 6-week program requiring an exercise prescription and/or plan and a follow-up documented in the medical record after completion, or documentation of the inability to complete the HEP due to a stated physical reason (ie, increased pain, inability to physically perform exercises). Patient inconvenience or noncompliance without explanation does not constitute an inability to complete.
- **Subacute Pain** – Pain that has lasted between 4 weeks and 12 weeks.
- **Trigger Point** – A hyper excitable area of the body, where the application of a stimulus will provoke pain to a greater degree than in the surrounding area.

D. Policy

I. Trigger Point Injections – Initial Injections

- A. Trigger point injections (TPIs) of anesthetic and/or corticosteroid for back pain, neck pain, or myofascial pain syndrome will be considered medically necessary when pain has persisted despite appropriate medical management and **ALL** the following criteria are met:
 1. Patient presents with new (acute or subacute) localized pain, occurring in the last 3 months.

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2. Patient has been refractory or intolerant of conservative therapies for at least 1 month, including **at least ONE** of the following:
 - a. bed rest
 - b. active exercise
 - c. ultrasound
 - d. range of motion
 - e. heating or cooling treatments
 - f. massage
3. TPIs are being given as a part of an overall conservative management (usually short term) plan, including **at least ONE** of the following:
 - a. physical therapy
 - b. occupational therapy
 - c. physician supervised home exercise program (HEP)
 - d. manipulative therapy
4. Pharmacotherapies are being administered, including **at least ONE** of the following:
 - a. non-steroidal anti-inflammatory drugs (NSAIDS)
 - b. muscle relaxants
 - c. non-narcotic analgesics
 - d. anti-depressants
5. The patient must have a diagnosis for which the trigger point injection is an appropriate treatment; **ALL** the following information must be documented in the patient's medical record:
 - a. proper evaluation including a patient history and physical examination leading to diagnosis of the trigger point
 - b. reason(s) for selecting this therapeutic option
 - c. affected muscle(s)
 - d. muscle or muscles injected and the number of injections
 - e. frequency of injections required
 - f. name of the medication used in the injection
 - g. results of any prior treatment
 - h. corroborating evidence that the injection is medically necessary
- B. Localization techniques to image or otherwise identify trigger point anatomic locations are not indicated and will not be covered for payment when associated with trigger point injection procedures.

II. Trigger Point Injections – Subsequent Injections

- A. Trigger point injections should be repeated only if doing so is reasonable and medically necessary. For trigger point injections of a local anesthetic or a steroid, payment will be made for no more than 8 dates of service per calendar year per patient.
- B. Injections may be repeated only with documented positive results to the most recent trigger point injection of the same anatomic site. Documentation should include at least 50% improvement in pain, functioning, and activity tolerance.

III. There is no laboratory or imaging test for establishing the diagnosis of trigger points. Diagnosis is dependent upon a detailed history and a thorough, directed

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examination. The following clinical features are present most consistently and helpful in making the diagnosis:

- A. history of onset and its cause (eg, injury, sprain)
- B. distribution of pain
- C. restriction of movement
- D. mild muscle specific weakness
- E. focal tenderness of a trigger point
- F. palpable taut band of muscle in which trigger point is located
- G. local taut response to snapping palpitation
- H. reproduction of referred pain pattern upon most sustained mechanical stimulation of the trigger point

IV. Payment information

- A. Certain trigger point injection procedure codes specify the number of injection sites. For these codes, the unit of service is different from the number of injections given.
- B. Payment may be made for 1 unit of service of the appropriate procedure code reported on a claim for service rendered to a particular patient on a particular date.
- C. A trigger point injection is normally considered to be a stand-alone service. No additional payment will be made for an office visit on the same date of service, unless there is an indication on the claim (eg, in the form of a modifier appended to the evaluation and management procedure code) that a separate evaluation and management service was performed.

E. State-Specific Information

A. Georgia

- 1. *Billing and Coding: Trigger Point Injections*. Medicare Coverage Database; 2019. LCA ID A56745. Revised October 17, 2019. Accessed February 6, 2024. www.cms.gov
- 2. *Trigger Point Injections*. Medicare Coverage Database; 2018. LCD ID L37635. Revised November 26, 2020. Accessed February 6, 2024. www.cms.gov

B. Ohio

- 1. *Billing and Coding: Trigger Point Injections*. Medicare Coverage Database; 2024. LCA ID A59480. Updated February 5, 2024. Accessed February 27, 2024. www.cms.gov
- 2. *Trigger Point Injections*. Medicare Coverage Database; 2024. LCD ID L39656. Effective April 1, 2024. Accessed February 27, 2024. www.cms.gov

F. Conditions of Coverage

NA

G. Related Policies/Rules

NA

H. Review/Revision History

DATE	ACTION
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Date Issued	03/29/2023	New policy
Date Revised	02/28/2024	Annual review: moved State-Specific Information to Section E, editorial changes, updated references. Approved at Committee.
Date Effective	06/01/2024	
Date Archived	11/30/2024	This Policy is no longer active and has been archived. Please note that there could be other Policies that may have some of the same rules incorporated and CareSource reserves the right to follow CMS/State/NCCI guidelines without a formal documented Policy.

I. References

1. Appasamy M, Lam C, Alm J, Chadwick AL. Trigger point injections. *Phys Med Rehabil Clin N Am*. 2022;33(2):307-333. doi:10.1016/j.pmr.2022.01.011
2. Chou R. Subacute and chronic low back pain: nonsurgical interventional treatment. UpToDate. Updated June 10, 2021. Accessed February 6, 2024. www.uptodate.com
3. Gerwin R. Myofascial trigger point pain syndromes. *Semin Neurol*. 2016;36(5):469-473. doi:10.1055/s-0036-1586262
4. Hammi C, Schroader JD, Yeung B. Trigger point injection. *StatPearls*. StatPearls Publishing; 2024. Updated July 24, 2023. Accessed February 6, 2024. www.ncbi.nlm.nih.gov
5. Hamzoian H, Zograbyan V. Trigger point injections versus medical management for acute myofascial pain: a systematic review and meta-analysis. *Cureus*. 2023;15(8):e43424. doi:10.7759/cureus.43424
6. Isaac Z. Management of non-radicular neck pain in adults. UpToDate. Updated January 12, 2024. Accessed February 6, 2024. www.uptodate.com
7. Khoury AL, Keane H, Varghese F, et al. Trigger point injection for post-mastectomy pain: a simple intervention with high rate of long-term relief. *NPJ Breast Cancer*. 2021;7:123. doi:10.1038/s41523-0521-00321-w
8. Meyer GW. Anterior cutaneous nerve entrapment syndrome. UpToDate. Updated September 27, 2022. Accessed February 6, 2024. www.uptodate.com
9. Moynihan LK, Elkadry E. Myofascial pelvic pain syndrome in females: treatment. UpToDate. Updated January 11, 2023. Accessed February 6, 2024. www.uptodate.com
10. Tu FF, As-Sanie S. Chronic pelvic pain in adult females: treatment. UpToDate. Updated March 15, 2023. Accessed February 6, 2024. www.uptodate.com

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