



# MEDICAL POLICY STATEMENT D-SNP

| Policy Name & Number                  | Date Effective   |
|---------------------------------------|--|
| Trigger Point Injections-DSNP-MM-1495 | GA: 07/01/2023-05/31/2024<br>OH: 08/01/2023-05/31/2024 |
| Policy Type                           |  |
| <b>MEDICAL</b>                        |  |

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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"/> <b>Georgia</b> | <input type="checkbox"/> <b>Indiana</b> | <input checked="" type="checkbox"/> <b>Ohio</b> |
|--|---|---|

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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 (e.g., a local anesthetic) or a mixture of substances (e.g., 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 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 six-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 (i.e., 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. The purpose of a trigger point injection is to treat not only the symptom but also the cause through the injection of a single substance (e.g., a local anesthetic) or a mixture of substances (e.g., a corticosteroid with a local anesthetic) directly into the affected body part in order to alleviate inflammation and pain.

## 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;
  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. The reason or reasons for selecting this therapeutic option;
    - c. The affected muscle(s);
    - d. The muscle or muscles injected and the number of injections;
    - e. The frequency of injections required;
    - f. The name of the medication used in the injection;
    - g. The 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 examination. The following clinical features are present most consistently and helpful in making the diagnosis:

- A. History of onset and its cause (e.g., 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 one 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 (e.g., in the form of a modifier appended to the evaluation and management procedure code) that a separate evaluation and management service was performed.

E. Conditions of Coverage

NA

F. Related Policies/Rules

NA

G. Review/Revision History

| DATE                  |                                  | ACTION  |
|-----------------------|----------------------------------|---|
| <b>Date Issued</b>    | 03/29/2023                       | New policy  |
| <b>Date Revised</b>   |                                  |   |
| <b>Date Effective</b> | GA: 07/01/2023<br>OH: 08/01/2023 |   |
| <b>Date Archived</b>  | GA: 05/31/2024<br>OH: 05/31/2024 | 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. |

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.

## H. References

1. Benzon HT, et al. Practice guidelines for chronic pain management: an updated report by the American Society of Anesthesiologists Task Force on chronic pain management and the American Society of Regional Anesthesia and Pain Medicine. *Anesthesiology*. 2010 Apr;112(4):810-833. doi:10.1097/ALN.0b013e3181c43103.
2. Chou R. (June 10, 2021). Subacute and chronic low back pain: nonsurgical interventional treatment. UpToDate. Retrieved on March 21, 2023 from [www.uptodate.com](http://www.uptodate.com).
3. Gerwin R. Myofascial trigger point pain syndromes. *Semin Neurol*. 2016 Oct;36(5):469-473. doi:10.1055/s-0036-1586262.
4. Isaac Z. (2021 November 16). Management of non-radicular neck pain in adults. UpToDate. Retrieved March 21, 2023 from [www.uptodate.com](http://www.uptodate.com).
5. Manchikanti L, et al. Interventional techniques in the management of chronic pain: part 2.0. *Pain Physician*. 2001 Jan;4(1):24-96. Retrieved March 21, 2023 from [www.painphysicianjournal.com](http://www.painphysicianjournal.com).
6. Meyer GW. (2022 September 27). Anterior cutaneous nerve entrapment syndrome. UpToDate. Retrieved March 21, 2023 from [www.uptodate.com](http://www.uptodate.com).
7. Moynihan LK, Elkadry E. (2023 January 11). Myofascial pelvic pain syndrome in females: treatment. UpToDate. Retrieved March 21, 2023 from [www.uptodate.com](http://www.uptodate.com).
8. Staal JB, et al., et al. Injection therapy for subacute and chronic low back pain: an updated Cochrane review. *Cochrane Database Syst Rev* 2008 Jul;2008(3):CD001824. doi:10.1097/BRS.0b013e3181909558.
9. Tu FF, As-Sanie S. (2023 March 15). Chronic pelvic pain in adult females: treatment. UpToDate. Retrieved March 21, 2023 from [www.uptodate.com](http://www.uptodate.com).

## I. State-Specific Information

- A. Georgia
  1. Effective: 07/01/2023
- B. Ohio
  1. Effective: 08/01/2023

*Independent medical review – February 2018*