Clinical Policy: Trigger Point Injections for Pain Management
Reference Number: CP.MP.169
Last Review Date: 08/19

See Important Reminder at the end of this policy for important regulatory and legal information.

Description
Trigger points cause pain at their physical location and also referred pain to other areas in a specific pattern. Trigger point injections consist of an injection of a local anesthetic, with or without steroid medication, into a painful portion of the muscle containing the trigger point.

Policy/Criteria

It is the policy of health plans affiliated with Centene Corporation® that invasive pain management procedures performed by a physician are medically necessary when the relevant criteria are met and the patient receives only one procedure per visit, with or without radiographic guidance.

I. Trigger point injections are medically necessary for the following indications:
   A. Diagnosis/stabilization of trigger points with injections of corticosteroids and/or local anesthetics at the trigger point, all of the following:
      1. The member has local pain symptoms in the neck, shoulder and/or back that have persisted for more than 3 months causing tenderness and/or weakness, restricting motion and/or causing referred pain when compressed;
      2. The member has failed ≥ 3 weeks of conventional multidisciplinary medical therapy including all of the following:
         a. Chiropractic, physical therapy, or prescribed home exercise program or the member is unable to tolerate such therapy and the injection is intended as a bridge to therapy;
         b. NSAID unless contraindicated or not tolerated;
         c. Activity modification;
      3. Trigger points have been identified by palpation;
      4. Trigger points are located in a few discrete areas and are not associated with widespread areas of muscle tenderness (as with fibromyalgia);
      5. Injections are not used as sole method of treatment, rather are intended for pain relief to facilitate mobilization to allow non-invasive modalities, e.g., physical therapy and other alternate therapies that address muscle strengthening, flexibility, and functional restoration.

Up to 2 sets of injections at least 7 days apart may be given for diagnosis and stabilization for the same trigger point. When a given body region is injected, it will be considered as one injection service no matter how many injections are given.

B. Additional trigger point injections, all of the following:
   1. Prior injections resulted in ≥ 50% improvement for ≥ 6 weeks;
   2. There was a return of pain and/or deterioration following 6 weeks of improvement;
CLINICAL POLICY
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3. Injections are given in the neck, shoulder, and/or back;
4. Injections are given at least 2 months apart for up to 12 months (maximum of 6 sessions);
5. Injections are not used as sole method of treatment, but rather are intended for pain relief to facilitate mobilization to allow for non-invasive modalities, e.g., physical therapy and other alternate therapies that address muscle strengthening, flexibility, and functional restoration.

When a given body region is injected, it will be considered as one injection service no matter how many injections are given.

II. Trigger point therapies for the following indications are considered not medically necessary, because although there are ongoing studies, there is little scientifically based data that their use results in improved patient outcomes in the medical literature:
A. Dry needle stimulation of trigger points;
B. Trigger point injection with saline or glucose;
C. The use of Botox during trigger point injections.

Background
A trigger point is a discrete, hyperirritative focus found in a palpable taut band occurring in any skeletal muscle and/or muscle fascia on the body that is particularly sensitive to touch and, when compressed, gives rise to characteristic referral pain patterns, tenderness and autonomic phenomena. Trigger points are thought to result from repetitive strain produced by acute or chronic overload or a degenerative and/or inflammatory problem, such as arthritis.

Trigger point injections of local anesthetic and/or steroids are a common intervention for back and neck pain, although evidence is mixed. A Cochrane review of injections for subacute and chronic back pain found no clear advantage of local or trigger point injections with a local anesthetic, with or without a corticosteroid, and control interventions for short-term pain relief across 3 trials.1-3 Another systematic review found that intramuscular injection of lidocaine more effectively relieved neck pain in the short term than placebo.4

A systematic review of trigger point injections with botulinum toxin concluded that a statistically or clinically significant benefit could not be confirmed from the use of botulinum toxin-A used alone for chronic neck pain in the short term.6 Secondary outcomes such as pain, disability, and quality of life were also investigated without confirmed benefit of botulinum injections.6

There is preliminary evidence that dry needling of trigger points is effective for short-term pain relief, and to improve quality of life and range of motion when compared to a placebo, but further studies of high quality and with a standardized needling procedure are needed.7

Coding Implications
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from the current manuals and those included herein are not intended to be all-inclusive and are included for informational purposes only. Codes referenced in this clinical policy are for informational purposes only. Inclusion or exclusion of any codes does not guarantee coverage. Providers should reference the most up-to-date sources of professional coding guidance prior to the submission of claims for reimbursement of covered services.

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<td>Injection(s); single or multiple trigger point(s), 1 or 2 muscle(s)</td>
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<tr>
<td>20553</td>
<td>Injection(s); single or multiple trigger point(s), 3 or more muscles</td>
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<th>HCPCS Codes</th>
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ICD-10-CM Diagnosis Codes that Support Coverage Criteria
+ Indicates a code requiring an additional character

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<td>Pain in shoulder</td>
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<td>Low back pain</td>
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<td>M54.9</td>
<td>Dorsalgia, unspecified</td>
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<td>M79.1</td>
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Reviews, Revisions, and Approvals

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References


**Important Reminder**

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

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**Note: For Medicaid members**, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

**Note: For Medicare members**, to ensure consistency with the Medicare National Coverage Determinations (NCD) and Local Coverage Determinations (LCD), all applicable NCDs, LCDs, and Medicare Coverage Articles should be reviewed prior to applying the criteria set forth in this clinical policy. Refer to the CMS website at [http://www.cms.gov](http://www.cms.gov) for additional information.

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