Trigger Point and Transforaminal Epidural Injections

Policy

Evolent Health considers Trigger Point Injections medically necessary for the following indications:

- Established myofascial pain syndrome (MPS) which is unresponsive to noninvasive medical management (e.g. analgesics, passive physical therapy, ultrasound, range of motion, and active exercises);
- As a bridging therapy to relieve pain while other treatments are also initiated such as medication or physical therapy;
- As a single therapeutic maneuver when joint movement is mechanically blocked (i.e. coccygeus muscle).

Evolent Health considers Transforaminal Epidural Injections medically necessary for the following:

Diagnostic Indications:

- When there is a question of intercostal neuralgia versus thoracic facet syndrome.
- When radiologic studies have demonstrated an abnormality limited to an adjacent nerve root.
- When a clinical picture is suggestive, but not typical, for both nerve root and distal nerve or joint disease and multiple sources of pain are in question (e.g., there is a root dysfunction from mild lumbar disk disease versus a causalgia-like syndrome from an old, chronic knee injury).
- When a discrepancy exists between the demonstrated pathology and the complaint or findings (e.g. when the source of pain appears to be due to a classic mono-radiculopathy, yet the neurodiagnostic studies have failed to provide a structural explanation or an L4 disc bulge is seen, radiologically, with an S1 root syndrome).
- To determine if the cause of pain is central or peripheral as in leg pain following a spinal cord injury.

Therapeutic Indications:

- When radicular pain is resistant to, or there is a contraindication to other therapeutic measures (such as non-narcotic analgesic, physical therapy, etc.),
- When surgery is contraindicated,
- When treatment of acute herpes zoster pain or post-herpetic neuralgia is needed,
• When there is reflex sympathetic dystrophy (RSD), causalgia or a complex regional pain syndrome I and II, in lieu of a sympathetic blockade,
• When there is monoradicular pain confirmed by diagnostic blockade in which a surgically correctable lesion cannot be identified,
• When post-decompressive radiculitis or post-surgical scarring exists.

Limitations
1. Trigger Point Injections
   • TPI is not covered more often than three sessions in a three-month period (medical necessity for additional injections must be documented in the medical record and available upon request). TPI is not covered if it is not indicated or not medically necessary.
   • Medical record documentation must support the medical necessity, frequency and patient response to TPI and be available upon request.
   • Only one code from 20552 to 20553 should be reported on a given day, no matter how many sites or regions are injected.
   • When a given site is injected, it will be considered one injection service regardless of the number of injections administered.
   • Acupuncture is not a covered service, even if provided for the treatment of an established trigger point. Use of acupuncture needles and/or the passage of electrical current through these needles is not covered.
   • Prolotherapy is not a covered service, and billing under the trigger point injection code is a misrepresentation of the actual service performed.

2. Transforaminal Epidural Injections
   • Medical record documentation must support the medical necessity, frequency of transforaminal epidural injections and patient response. This documentation must be available upon request. Transforaminal Epidural Injections are not covered if not indicated or not medically necessary.
   • Transforaminal epidural injections, whether diagnostic or therapeutic, must be in keeping with the most current evidence-based practice guidelines.
   • Not indicated for low back pain associated with myofascial pain syndrome.
   • Not indicated for the treatment of a soft-tissue source of pain in which no nerve root pathology exists.
   • Due to the inherent risks associated with transforaminal epidural injections, physicians performing this service should have substantial and specific experience performing this procedure and a clear understanding of the risks involved.
• Fluoroscopic guidance or Computed Tomography (CT) guided imaging must be utilized in the performance of transforaminal epidural injections to ensure precise placement of the needle and medications.
• Provision of a transforaminal epidural injection and/or paravertebral facet joint injection on the same day as an interlaminar or caudal epidural/intrathecal injection sacroiliac joint injection, lumbar sympathetic block or other nerve block is considered not medically necessary. If more than one procedure is provided on the same day, physician/facilities will be paid for only one procedure.
• Therapeutic transforaminal epidural injections exceeding two levels (bilaterally) on the same day will be denied as not medically necessary. A maximum of three levels per region will be paid when billed unilaterally (indicated by appropriate modifier).
• Repeat therapeutic transforaminal epidural injections at the same level in the absence of a prior response demonstrating >50% relief of pain lasting at least six weeks, will be considered not medically necessary.
• Once a diagnostic transforaminal epidural block is negative at a specific level, no repeat interventions should be directed at that level and will be considered not medically necessary unless there is a new clinical presentation with symptoms, signs and diagnostic studies of known reliability and validity that implicate that level.
• Long-term multiple nerve blocks over a period of several weeks/months is not an effective method for chronic pain management – it is generally not considered reasonable and necessary to perform transforaminal epidurals consisting of more than four injections per region per year.
• General or monitored anesthesia is rarely required for these injections – the presence of an anesthesiologist/anesthetist is not considered medically necessary except in rare cases when a patient has a pre-existing unstable medical condition. If the patient is not medically stable and requires the presence of an anesthesiologist/anesthetist to undergo these injections then the procedure should not be performed in the office setting.
• The presence of an anesthesiologist/anesthetist may be required for patients with psychiatric diagnoses if their conditions prevent them from cooperating with the pain management team during the procedure (such as acute drug or alcohol intoxication or acute confused state) and for those patients requiring unusual sedation or anesthesia.
• Anesthesia services provided as “standby” anesthesia services cannot be billed to the patient.
• Services by an anesthesiologist/anesthetist with administration of anesthesia for administration of these injections in the inpatient, outpatient, or ambulatory facility
setting (ASC) where the only indication for the presence of these providers is compliance with hospital or ASC policy, is considered not medically necessary and not eligible for reimbursement.

Background
Trigger point injection (TPI) is a procedure used for the management of chronic pain. TPI works by injecting a solution of an anesthetic, steroid, and/or anti-inflammatory into extremely painful areas of muscle that contain trigger points or knots of muscle that form when muscles fail to relax. According to the Centers of Medicare and Medicaid (CMS), these trigger points are hyperirritative foci that may be present in any skeletal muscle in response to strain and appear as a knot or tight band of muscle. Compression of the trigger point may elicit tenderness, referred pain or a local twitch response. The goal of TPI is to inactivate the trigger point there by alleviating pain and restoring function to the area. Although trigger points only form in muscle, they can also irritate surrounding nerves and cause pain felt elsewhere in the body. The diagnosis of trigger points requires a thorough history and examination. CMS indicates the following as possible clinical symptoms: history of onset of pain and presumed cause, distribution pattern of pain consistent with pattern of trigger points, range of motion restriction, muscular deconditioning in affected areas, focal tenderness of trigger point, palpable taut band of muscle in which trigger point is located, and reproduction of referred pain pattern upon stimulation of trigger point. Activation of trigger points is thought to be caused by acute or chronic muscle overload, activation by other trigger points, psychological stress, radiculopathy, or infection.

Myofascial pain syndrome (MPS) is a chronic pain condition characterized by the presence of multiple trigger points located in the muscle or surrounding tissue (muscle fascia). TPI is a useful therapy for patients with Myofascial pain syndrome who are unresponsive to other less invasive treatments such as massage, ultrasounds, analgesics, physical therapy, and range of motion exercises.

According to the Centers for Medicare and Medicaid (CMS), a transforaminal epidural injection is a neural blockade technique used in chronic pain management and can be used for diagnostic or therapeutic purposes. The primary diagnostic value of transforaminal epidural injections is to determine whether pain is somatic, visceral or functional. Therapeutic blocks are performed after the diagnosis is established, and include a local anesthetic test dose to confirm proper placement followed by the injection of anesthetic, antispasmodic and/or anti-inflammatory substances for the long-term control of pain.
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A selective block is performed of the cervical, thoracic, lumbar or sacral nerve roots with proximal spread of contrast/local anesthetic through the neural foramen to the epidural space. Imaging is utilized to ensure the needle tip is placed within or adjacent to the lateral margin of a neural foramen. Contrast material is injected to verify correct needle placement, determine abnormal filling patterns consistent with foraminal, lateral recess or nerve root pathology, and to identify unwanted vascular or intrathecal uptake. A small volume of local anesthetic is injected in order to perform a diagnostic, reproducible blockade of a specific nerve root.

CMS recommends a multi-disciplinary or collaborative comprehensive evaluation (e.g. orthopedics, neurologist, neurosurgeon, physiatrist, anesthesiologist, pain medicine specialist, and/or attending physician) be conducted prior to initiating a trial of these injections for the relief of chronic pain.

Codes:

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<th>Description</th>
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<td>Injection(s); single or multiple trigger point(s), 3 or more muscles</td>
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<td>Injection(s), anesthetic agent and/or steroid, transforaminal epidural, with imaging guidance; lumbar or sacral, single level</td>
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ICD-10 codes covered if selection criteria are met (covered for 20552 and 20553 only):

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<td>M46.03</td>
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<td>M46.04</td>
<td>Spinal enthesopathy, thoracic region</td>
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**ICD-10 codes covered if selection criteria are met (Covered for 64479, 64480, 64483, 64484 only):**

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<td>Z48.89</td>
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References


Disclaimer:
Evolent Health medical payment and prior authorization policies do not constitute medical advice and are not intended to govern or otherwise influence the practice of medicine. The policies constitute only the reimbursement and coverage guidelines of Evolent Health and its affiliated managed care entities. Coverage for services varies for individual members in accordance with the terms and conditions of applicable Certificates of Coverage, Summary Plan Descriptions, or contracts with governing regulatory agencies.
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