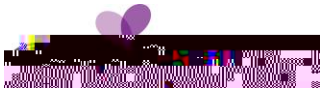


MEDICAL POLICY STATEMENT

Ohio Medicaid

Policy Name & Number	Date Effective
Trigger Point Injections-OH MCD-MM-0011	07/01/2024
Policy Type	
MEDICAL	

Medical Policy Statement prepared by CareSource and its affiliates are derived from literature based on and supported by clinical



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 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:

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

