Trigger Point Injections

This payment policy will no longer be applicable for dates of service on or after January 1, 2023.

**Policy**

*Trigger Point Injections* are used to treat painful areas of muscle that contain trigger points, or knots of muscle that form when muscles do not relax. Trigger points may irritate the nerves around them and cause pain at the site of the trigger point or the pain can be felt in other parts of the body, including the back and neck. Trigger point injections involve injection of local anesthetic, saline, dextrose, and/or cortisone into the trigger point.

Harvard Pilgrim reimburses contracted providers for trigger point injections when medically necessary and appropriate. Harvard Pilgrim Health Care payment policy is consistent with CMS LCD Trigger Point Injection policy, American Academy of Craniofacial Pain, Agency for Healthcare Research and Quality (AHRQ) guidelines.

**Prerequisite(s)**

Applicable Harvard Pilgrim referral, notification and authorization policies and procedures apply. Refer to *Referral, Notification and Authorization* for more information.

**Open Access HMO and POS**

For *Open Access HMO and Open Access POS* products, no referral is required to see a contracted specialist.

**Harvard Pilgrim Reimburses**

**HMO/POS/PPO**

Trigger point injections when billed with the CPT and ICD codes listed under the “Provider Billing Guidelines and Documentation” section of this policy. Covered indications may include, but are not limited to:

- Central pain syndrome
- Other acute pain
- Other chronic pain
- Cervicalgia
- Other disorders of the back
- Rheumatism excluding the back
- Myalgia and myositis, unspecified

**Harvard Pilgrim Does Not Reimburse**

Trigger point injections when billed with an ICD code not listed below under the “Provider Billing Guidelines and Documentation” section of this policy.

**Member Cost-Sharing**

Services subject to applicable member out-of-pocket cost (e.g., co-payment, coinsurance, deductible).

**Provider Billing Guidelines and Documentation**

**Coding**

*Trigger Point Injections - CPT and ICD-10 Covered Indications*

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>20552</td>
<td>Injection(s); single or multiple trigger point(s), 1 or 2 muscle(s)</td>
</tr>
<tr>
<td>20553</td>
<td>Injection(s); single or multiple trigger point(s), 3 or more muscles</td>
</tr>
</tbody>
</table>

**ICD-10 Covered Indications**
PAYMENT POLICIES

This policy applies to the products of Harvard Pilgrim Health Care and its affiliates—Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England, and HPHC Insurance Company—for services performed by contracted providers. Payment is based on member benefits and eligibility, medical necessity review, where applicable, and provider contractual agreement. Payment for covered services rendered by contracted providers will be reimbursed at the lesser of charges or the contracted rate. (Does not apply to inpatient per diem, DRG, or case rates.) HPHC reserves the right to amend a payment policy at its discretion. CPT and HCPCS codes are updated annually. Always use the most recent CPT and HCPCS coding guidelines.

The table may not include all provider claim codes related to Trigger Point Injection services.