

Pain Management Of Peripheral Nerves By Injection

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Disclaimer

Highmark Health Options medical policy is intended to serve only as a general reference resource regarding coverage for the services described. This policy does not constitute medical advice and is not intended to govern or otherwise influence medical decisions.

POLICY STATEMENT

Peripheral nerve blocks involve the injection of chemical substances, such as local anesthetics, steroids, sclerosing agents and/or neurolytic agents into or near nerves to affect therapy for a pathological condition, such as entrapment, or to provide a local anesthetic block prior to a surgical procedure at a distal site (e.g., digital block for surgical repair).

DEFINITIONS

Highmark Health Options (HHO) – Managed care organization serving vulnerable populations that have complex needs and qualify for Medicaid. Highmark Health Options members include individuals and families with low income, expecting mothers, children, and people with disabilities. Members pay nothing to very little for their health coverage. Highmark Health Options currently serves Delaware Medicaid: Delaware Healthy Children Program (DHCP) and Diamond State Health Plan Plus members.

POLICY POSITION

1. Pain management of peripheral nerves by injection may be considered medically necessary for ANY of the following indications:
 - Carpal tunnel syndrome indicated for the following but not limited to:
 - Individuals with pain and paresthesia radiating to the forearm, and elbow; or
 - Individual has failed conservative measures such as orthoses, oral agents or are contraindicated; or
 - As adjunctive therapy to systemic agents for an inflammatory arthritis when those agents have not yet become effective and the patient experiences a relative entrapment syndrome manifested by moderate to severe pain; or
 - Weakness in the median nerve distribution.
 - Tarsal tunnel syndrome (and no history of trauma):
 - Individuals that have failed conservative measures such as but not limited to:
 - Shoe modification; or
 - Orthotics; or

- Nonsteroidal anti-inflammatory drugs (NSAIDs).
- Plantar fasciitis may be indicated for:
 - Individual that has failed conservative measures(within two to three months) such as but not limited to:
 - Stretching exercises for the plantar fascia and calf muscles done at home; or
 - Avoidance of use of flat shoes and walking barefoot; or
 - Use of prefabricated, over-the-counter, silicone heel shoe inserts; or
 - Short-term trial (two to three weeks) of nonsteroidal anti-inflammatory drugs (NSAIDS);or
 - Injecting the tender areas of the plantar regions with glucocorticoids and a local anesthetic; or
 - Activity modification, (e.g., decreased running, dancing).

Pain management of peripheral nerves by injection for any other indication is considered not medically necessary.

When ultrasound guidance is reported, only one (1) unit of service will be reimbursed per date of service per provider.

The signs or symptoms that justify peripheral nerve blocks should be resolved after one (1) to three (3) injections at a specific site. Injections beyond three (3) in a six (6) month period are considered not medically necessary.

Injections of more than two (2) sites at one (1) session or for frequent or repeated injections is considered not medically necessary.

"Dry needling" of ganglion cysts, ligaments, neuromas, peripheral nerves, tendon sheaths and their origins/insertions is considered not medically necessary.

Acupuncture is not to be billed with the procedure codes in this policy. Acupuncture with or without subsequent electrical stimulation is considered not medically necessary.

2. Neuromas

- Short-term Injections of local anesthetics and/or steroids into interdigital neuromas (Morton's, Heuter's, Hauser's, and Iselin's) may be considered medically necessary to relieve pain or dysfunction resulting from inflammation or other pathological changes
- Alcohol injection into interdigital neuromas (Morton's, Heuter's, Hauser's, and Iselin's) for the treatment of peripheral nerve pain is considered experimental/investigational; and therefore, noncovered because the safety and/or effectiveness of this service cannot be established by the available published peer-reviewed literature.
- Short-term injections of local anesthetics first and then if effective, a neurolytic agent such as phenol into post-amputee neuromas may be considered medically necessary to relieve pain.

Use of neurolytic agents for any other indications would be considered experimental/ investigational and therefore noncovered because the safety and/or effectiveness of this service cannot be established by the available published peer-reviewed literature.

ELIGIBLE PROCEDURE CODES

CPT Codes	Description
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20526	Injection, therapeutic (e.g., local anesthetic, corticosteroid), carpal tunnel.
20550	Injection(s); single tendon sheath, or ligament, aponeurosis (e.g., plantar “fascia”).
20551	Injection(s); single tendon origin/insertion.
20560	Needle insertion(s) without injection(s); 1 or 2 muscle(s).
20561	Needle insertion(s) without injection(s); 3 or more muscles.
28899	Unlisted procedure, foot or toes.
64450	Injection(s), anesthetic agent(s) and/or steroid; other peripheral nerve or branch.
64455	Injection(s), anesthetic agent(s) and/or steroid, plantar common digital nerve(s) (e.g. Morton’s neuroma).
64632	Destruction by neurolytic agent; plantar common digital nerve.
64640	Destruction by neurolytic agent; other peripheral nerve or branch.
76942	Ultrasonic guidance for needle placement (e.g., biopsy, aspiration, injection, localization device), imaging supervision and interpretation.

ELIGIBLE DIAGNOSIS CODES FOR 20526, 28899 AND 64450

Codes						
G56.00	G56.01	G56.02	G56.03	G57.10	G57.11	G57.12
G57.50	G57.51	G57.52	G57.53	G57.60	G57.61	G57.62

ELIGIBLE DIAGNOSIS CODES FOR 64455

Codes						
G57.60	G57.61	G57.62	G57.53	G57.80	G57.81	G57.82
G57.83						

NONCOVERED DIAGNOSIS CODES FOR 64450

Codes						
D48.1	E08.8	E08.9	E08.00	E08.01	E08.10	E08.11
E08.21	E08.22	E08.29	E08.36	E08.39	E08.40	E08.41
E08.42	E08.43	E08.44	E08.49	E08.51	E08.52	E08.59
E08.65	E08.69	E08.311	E08.319	E08.321	E08.329	E08.331
E08.339	E08.341	E08.349	E08.351	E08.359	E08.610	E08.618
E08.620	E08.621	E08.622	E08.628	E08.630	E08.638	E08.641
E08.649	E09.8	E09.9	E09.99	E09.01	E09.10	E09.11
E09.21	E09.22	E09.29	E09.36	E09.39	E09.40	E09.41
E09.42	E09.43	E09.44	E09.49	E09.51	E09.52	E09.59
E09.65	E09.69	E09.311	E09.319	E09.321	E09.329	E09.331
E09.339	E09.341	E09.349	E09.610	E09.618	E09.620	E09.621

E09.622	E09.628	E09.630	E09.638	E09.641	E09.649	E10.8
E10.9	E10.11	E10.21	E10.22	E10.29	E10.36	E10.39
E10.40	E10.41	E10.42	E10.43	E10.44	E10.49	E10.51
E10.52	E10.59	E10.65	E10.69	E10.311	E10.319	E10.321
E10.329	E10.331	E10.339	E10.341	E10.349	E10.351	E10.359
E10.610	E10.618	E10.620	E10.621	E10.622	E10.628	E10.630
E10.638	E10.641	E10.649	E11.8	E11.9	E11.00	E11.01
E11.10	E11.11	E11.21	E11.22	E11.29	E11.36	E11.39
E11.40	E11.41	E11.42	E11.43	E11.44	E11.49	E11.51
E11.52	E11.59	E11.65	E11.69	E11.311	E11.319	E11.321
E11.329	E11.331	E11.339	E11.341	E11.349	E11.351	E11.359
E11.610	E11.618	E11.620	E11.621	E11.622	E11.628	E11.630
E11.638	E11.641	E11.649	E13.8	E13.9	E13.00	E13.01
E13.10	E13.11	E13.21	E13.22	E13.29	E13.40	E13.41
E13.42	E13.43	E13.44	E13.49	E13.51	E13.52	E13.59
E13.65	E13.69	E13.311	E13.319	E13.321	E13.329	E13.331
E13.339	E13.341	E13.349	E13.610	E13.618	E13.630	E13.621
E13.622	E13.628	E13.630	E13.638	E13.641	E13.649	E78.1
M07.671	M07.672	M07.679	M10.9	M12.9	M12.871	M12.872
M12.879	M16.9	M17.9	M19.09	M19.19	M19.29	M19.90
M19.019	M24.19	M24.20	M24.29	M24.211	M24.212	M24.219
M24.221	M24.222	M24.229	M24.231	M24.232	M24.239	M24.241
M24.242	M24.249	M24.251	M24.252	M24.259	M24.271	M24.272
M24.273	M24.274	M24.275	M24.276	M25.39	M25.59	M25.9
M25.70	M25.151	M25.152	M25.159	M25.171	M25.172	M25.173
M25.174	M25.175	M25.176	M25.511	M25.512	M25.519	M25.551
M25.552	M25.559	M25.561	M25.562	M25.569	M25.571	M25.571
M25.579	M25.671	M25.672	M25.673	M25.674	M25.675	M25.676
M25.711	M25.712	M25.719	M25.751	M25.752	M25.759	M25.771
M25.772	M25.773	M25.774	M25.775	M25.776	M25.851	M25.852
M25.859	M25.872	M25.879	M46.1	M69.80	M60.811	M60.812
M60.819	M60.821	M60.822	M60.829	M60.831	M60.832	M60.839
M60.841	M60.842	M60.849	M60.851	M60.852	M60.859	M60.861
M60.862	M60.869	M60.871	M60.872	M60.879	M60.9	M62.40
M62.411	M62.412	M62.419	M62.421	M62.422	M62.429	M62.431
M62.432	M62.439	M62.441	M62.442	M62.449	M62.451	M62.452
M62.459	M62.461	M62.462	M62.469	M62.471	M62.472	v
M62.48	M62.49	M62.831	M62.838	M65.4	M65.9	M65.10

M65.20	M65.28	M65.30	M65.80	M65.111	M65.112	M65.119
M65.121	M65.122	M65.129	M65.131	M65.132	M65.139	M65.141
M65.142	M65.149	M65.151	M65.152	M65.152	M65.159	M65.161
M65.162	M65.169	M65.171	M65.221	M65.222	M65.229	M65.231
M65.232	M65.239	M65.241	M65.242	M65.249	M65.251	M65.252
M65.259	M65.261	M65.262	M65.269	M65.271	M65.272	M65.279
M65.311	M65.312	M65.319	M65.321	M65.322	M65.329	M65.331
M65.332	M65.339	M65.341	M65.342	M65.349	M65.351	M65.352
M65.359	M65.831	M65.832	M65.839	M65.841	M65.842	M65.849
M65.871	M65.872	M65.879	M67.90	M67.911	M67.912	M67.919
M67.921	M67.922	M67.929	M67.931	M67.932	M67.939	M67.941
M67.942	M67.949	M67.951	M67.952	M67.959	M67.961	M67.962
M67.969	M67.971	M70.60	M70.61	M70.62	M70.70	M70.71
M70.72	M70.90	M70.911	M70.912	M70.919	M70.921	M70.922
M70.929	M70.931	M70.932	M70.939	M70.941	M70.942	M70.949
M70.951	M70.952	M70.959	M70.961	M70.962	M70.969	M70.971
M70.2	M75.30	M75.31	M75.32	M75.40	M75.41	M75.42
M75.80	M75.81	M75.82	M75.90	M75.91	M75.92	M76.00
M76.01	M76.02	M76.10	M76.11	M76.12	M76.20	M76.21
M76.22	M76.30	M76.31	M76.60	M76.61	M76.62	M76.70
M76.71	M76.72	M76.811	M76.812	M76.819	M76.821	M76.822
M76.829	M76.899	M77.30	M77.31	M77.32	M77.40	M77.41
M77.42	M77.50	M77.51	M77.52	M77.9	M79.10	M79.11
M79.12	M79.18	M79.7	M79.9	M79.A9	Q68.6	Q79.8
Q79.9	S43.421A	S43.421D	S43.421S	S43.422A	S43.422D	S43.422S
S43.429A	S43.429D	S43.429S				

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POLICY UPDATE HISTORY

<Date>	<Event>
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