



Policy Number: EVH_MP_2519.MPC
Last Review Date: 05/21/2026
Effective Date: 06/01/2026

EVH_MP_2519.MPC Trigger Point Injections

Maryland Physicians Care considers **Trigger Point Injections (TPI)** medically necessary for the following indications ⁽¹⁻³⁾:

- Established myofascial pain syndrome (MPS) which is unresponsive to noninvasive medical management
- As a bridging therapy to relieve pain while noninvasive medical management is applied
- As a single therapeutic maneuver when joint movement is mechanically blocked (i.e., coccygeus muscle)

Limitations

- 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 member 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.
- Prolotherapy is not a covered service, and billing under the trigger point injection code is a misrepresentation of the actual service performed.

Codes

CPT Codes / HCPCS Codes / ICD-10 Codes	
Code	Description
CPT Codes	
20552	Injection(s): single or multiple trigger point(s), 1 or 2 muscle(s)
20553	Injection(s); single or multiple trigger point(s), 3 or more muscles
ICD-10 codes covered if selection criteria are met:	
M46.01	Spinal enthesopathy, occipito-atlanto-axial region
M46.02	Spinal enthesopathy, cervical region



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M46.03	Spinal enthesopathy, cervicothoracic region
M46.04	Spinal enthesopathy, thoracic region
M46.05	Spinal enthesopathy, thoracolumbar region
M46.06	Spinal enthesopathy, lumbar region
M46.07	Spinal enthesopathy, lumbosacral region
M46.08	Spinal enthesopathy, sacral and sacrococcygeal region
M46.09	Spinal enthesopathy, multiple sites in spine
M53.82	Other specified dorsopathies, cervical region
M53.83	Other specified dorsopathies, cervicothoracic region
M53.84	Other specified dorsopathies, thoracic region
M53.85	Other specified dorsopathies, thoracolumbar region
M54.2	Cervicalgia
M54.5	Low back pain
M54.6	Pain in thoracic spine
M60.80	Other myositis, unspecified site
M60.811	Other myositis, right shoulder
M60.812	Other myositis, left shoulder
M60.819	Other myositis, unspecified shoulder
M60.821	Other myositis, right upper arm
M60.822	Other myositis, left upper arm
M60.829	Other myositis, unspecified upper arm
M60.831	Other myositis, right forearm
M60.832	Other myositis, left forearm
M60.839	Other myositis, unspecified forearm
M60.841	Other myositis, right hand
M60.842	Other myositis, left hand
M60.849	Other myositis, unspecified hand
M60.851	Other myositis, right thigh
M60.852	Other myositis, left thigh
M60.859	Other myositis, unspecified thigh
M60.861	Other myositis, right lower leg

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M60.862	Other myositis, left lower leg
M60.869	Other myositis, unspecified lower leg
M60.871	Other myositis, right ankle and foot
M60.872	Other myositis, left ankle and foot
M60.879	Other myositis, unspecified ankle and foot
M60.88	Other myositis, other site
M60.89	Other myositis, multiple sites
M60.9	Myositis, unspecified
M75.80	Other shoulder lesions, unspecified shoulder
M75.81	Other shoulder lesions, right shoulder
M75.82	Other shoulder lesions, left shoulder
M76.31	Iliotibial band syndrome, right leg
M76.32	Iliotibial band syndrome, left leg
M76.811	Anterior tibial syndrome, right leg
M76.812	Anterior tibial syndrome, left leg
M77.51	Other enthesopathy of right foot and ankle
M77.52	Other enthesopathy of left foot and ankle
M77.9	Enthesopathy, unspecified
M79.0	Rheumatism, unspecified
M79.7	Fibromyalgia
M79.11	Myalgia of mastication muscle
M79.12	Myalgia of auxiliary muscles, head and neck
M79.18	Myalgia, other site
355.71	Causalgia of lower limb

Background

Noninvasive Medical Management includes analgesics, passive physical therapy, ultrasound, range of motion, and active exercises. Failure of noninvasive medical management is generally defined as no response to treatment after 6 weeks or worsening of symptoms during treatment.

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Policy History

Date	Summary
May 21, 2026	<ul style="list-style-type: none">• This guideline was renumbered from MP.098.MPC Trigger Point Injections• Annual Review - Replaced patient with member throughout; minor updates to indications for Trigger Point Injections and moved 2nd paragraph to Background section; updated description of ICD-10 codes M77.51, M77.52; added Background Section; added Policy History Log

References

1. Appasamy M, Lam C, Alm J, Chadwick AL. Trigger Point Injections. *Phys Med Rehabil Clin N Am*. 2022;33(2):307-333. doi:10.1016/j.pmr.2022.01.011 <https://pubmed.ncbi.nlm.nih.gov/35526973/>
2. Benzon HT, Elmofty D, Shankar H, et al. Use of corticosteroids for adult chronic pain interventions: sympathetic and peripheral nerve blocks, trigger point injections - guidelines from the American Society of Regional Anesthesia and Pain Medicine, the American Academy of Pain Medicine, the American Society of Interventional Pain Physicians, the International Pain and Spine Intervention Society, and the North American Spine Society. *Reg Anesth Pain Med*. Published online July 16, 2024:rapm-2024-105593. doi:10.1136/rapm-2024-105593 <https://pubmed.ncbi.nlm.nih.gov/39019502/>
3. Sayed D, Grider J, Strand N, et al. The American Society of Pain and Neuroscience (ASPN) Evidence-Based Clinical Guideline of Interventional Treatments for Low Back Pain. *J Pain Res*. 2022;Volume 15:3729-3832. doi:10.2147/JPR.S386879 <https://pubmed.ncbi.nlm.nih.gov/36510616/>

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