

## Ultrasound Guidance for Joint, Tendon, Tendon Sheath, and Trigger Point Injections

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<b>Approved By:</b>	Highmark Health Options – Market Leadership
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<b>Application:</b>	All participating hospitals and providers
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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

Highmark Health Options may provide coverage under medical surgical benefits of the Company's Medicaid products for medically necessary ultrasound guidance.

This policy is designed to address medical necessity guidelines that are appropriate for the majority of individuals with a particular disease, illness or condition. Each person's unique clinical circumstances warrant individual consideration, based upon review of applicable medical records.

The qualifications of the policy will meet the standards of the National Committee for Quality Assurance (NCQA) and the Delaware Department of Health and Social Services (DHSS) and all applicable state and federal regulations.

### 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 services Delaware Medicaid: Delaware Healthy Children Program (DHCP) and Diamond State Health Plan Plus members.

**Ultrasound guidance** – A radiology procedure that allows clinicians to provide accurate needle placement for injection and/or aspiration procedures.

### PROCEDURES

A prior authorization is required.

Images performed must be saved for future review.

HHO considers ultrasound (US) guidance medically necessary for the following procedures (not an all-inclusive list):

- Adductor canal nerve block
- Arterial line placement
- Axillary brachial plexus nerve block
- Baker's cyst, after failure of unguided procedure
- Breast mass biopsy (see CPB 0269 - Breast Biopsy Procedures)
- C5-C7 interscalene nerve block
- Carpal tunnel injection
- Carpal tunnel release
- Central venous access (internal jugular, femoral)
- De Quervain tendinopathy, after failure of unguided procedure
- Elbow joint injection or aspiration, after failure of unguided procedure
- Embryo transfer (see CPB 0327 - Infertility)
- Endovenous laser ablation of the saphenous vein (ELAS) (see CPB 0050 - Varicose Veins)
- Fascia iliaca block for the management of post-operative pain following hip and knee surgeries, and repair of femur fracture
- Femoral nerve block for post-operative knee pain
- Hepatic mass biopsy
- Hip joint injection or aspiration
- Iliohypogastric nerve block
- Ilioinguinal nerve block
- Infraclavicular nerve block for surgery of the distal arm and hand
- Intercostobrachial nerve block
- Inter-digital neuroma injection
- Interscalene nerve block (including for shoulder dislocation reduction)
- Intraabdominal or intrapelvic mass biopsy
- Intrathecal drug delivery
- IPACK nerve block for pain control after anterior cruciate ligament (ACL) repair or total knee arthroplasty
- Ischial bursa and gluteus medius injection
- Lateral femoral cutaneous nerve block for meralgia paresthetica (lateral femoral cutaneous nerve entrapment) (see CPB 0863 - Nerve Blocks)
- Long head of the biceps injection for the treatment of tendinosis of the biceps
- Lumbar puncture (see CPB 0628 - Spinal Ultrasound)
- Metacarpophalangeal joint injection or aspiration
- Metatarsophalangeal joint injection or aspiration
- Needle placement, lavage, and debridement of calcific tendinosis of the shoulder
- Nephrocutaneous access
- Pancreatic mass biopsy
- Pectoral nerve blocks (PECS I and PECS II) for post-operative pain control after breast surgery / sternotomy for cardiac surgery
- Pectoralis nerve block (PEC 1 and PEC 2) for the management of post-operative pain following mastectomy
- Piriformis muscle injection
- Placement of vena caval filter (see CPB 0382 - Intravascular Ultrasound)
- Placement of intracoronary endoluminal devices (see CPB 0382 - Intravascular Ultrasound)
- Popliteal nerve block
- Posterior glenohumeral (GH) joint injection or aspiration, after failure of unguided procedure
- Pulmonary or thoracic mass biopsy

- Prostate biopsy for prostate nodule or elevated PSA (see CPB 0001 - Transrectal Ultrasound)
- Quadratus lumborum nerve block for post-operative pain control after abdominal surgery
- Radiofrequency endovenous occlusion (VNUS) (see CPB 0050 - Varicose Veins)
- Rectus sheath block and pecto-intercostal fascial block following cardiac surgery (e.g., aortic valve replacement)
- Saphenous nerve block
- Scapular thoracic bursitis injection
- Sciatic nerve block
- Serratus plane block for the management of post-operative pain following breast surgery or thoracotomy
- Steroid injection into the gluteus maximus tendon
- Subacromial bursal injection or aspiration, after failure of unguided procedure
- Subpectoral nerve block (parasternal T2 to T6 intercostal block) for postoperative pain control
- Subtalar joint injection or aspiration
- Supraclavicular nerve block for primary regional anesthesia during surgeries, and post-operative pain control
- Tibiotalar joint injection or aspiration, after failure of unguided procedure
- Thyroid nodule biopsy
- Transverse abdominis plane (TAP)-block for the management of post-operative pain following abdominal surgery
- Wrist (radiocarpal) joint injection or aspiration, after failure of unguided procedure.

HHO considers US guidance of no proven benefit for the following procedures (not an all-inclusive list):

- Acromioclavicular joint
- Adductor brevis and pectineus tendon injection for pain relief
- Adductor longus tendon injection
- Ankle bursa injection
- Anterior medial ankle joint and tibialis posterior tendon sheath injection for foot pain
- Anterior scalene/brachial plexus block for management of chronic pain
- Aspiration of cyst(s) located in the inferolateral coccyx/sacral region
- Botulinum toxin injection for the treatment of cervical dystonia, limb and paraspinal spasticity, migraine, or spasmodic torticollis
- Calcaneal/retrocalcaneal bursa injection
- Carpometacarpal (CMC) joint injection
- Calcified medial collateral ligament injection
- Clavi-pectoral fascial plane block
- Costochondral joint
- Dorsal compartments of the wrist injection
- Dorsal scapular nerve block
- Endovascular treatment of subclavian artery disease (see CPB 0382 - Intravascular Ultrasound)
- Epidural injections, including the transforaminal approach (see CPB 0016 - Back Pain - Invasive Procedures)
- Erector spinae plane (ESP) block for the management of post-operative pain (see CPB 0863 - Nerve Blocks)
- Extensor carpi ulnaris tendon injection
- Facet joint injections (see CPB 0016 - Back Pain - Invasive Procedures)
- Foot/heel injection for adventitious bursitis/capsulitis
- Ganglion cyst injection of the wrist/wrist injection,

- Gluteal nerve injection
- Gluteal tendon sheath injections for hip and/or low back pain
- Hydrodissection of the dorsal scapular nerve and middle/inferior trapezius, rhomboids for peripheral nerve entrapment/shoulder pain
- Hydrodissection of infrapatellar saphenous nerve, or scar tissue at the trapezius tendon region
- Iliopsoas bursa injection
- Iliopsoas tendon / tendon sheath injection
- Iliotibial (IT) band hydrodissection / IT band injection for IT band pain
- Intercostal nerve block
- Intraarticular injection for the management of shoulder impingement/pain
- Ischial bursa injection for ischial bursitis
- Ischial tuberosity peritendinous injection
- Knee joint (except in morbidly obese individuals (BMI > 40))
- Lateral femoral cutaneous nerve block for the treatment of post-operative pain after total hip arthroplasty
- Lateral pericapsular nerve group (PENG) nerve block during total hip arthroplasty
- Lavage of the shoulder joint
- Ligament sheath injections
- Lumbar plexus block with hydrodissection
- Medial calcaneal nerve sheath injection
- Median nerve block
- Metatarsophalangeal and/or metatarsal cuneiform joint injection for the treatment of plantar fibromatosis (Ledderhose disease)
- Multifidus lumborum injection for the treatment of low back pain
- Needle aspiration or injection of ganglion cyst of metatarsophalangeal (MTP) joint
- Needle placement during aortography
- Nuchal ligament and supraspinous ligament injection
- Occipital nerve block (see CPB 0863 - Nerve Blocks)
- Paravertebral block for periacetabular osteotomy and diagnostic hip arthroscopy
- Percutaneous bursectomy of the pretibial tubercle bursa
- Percutaneous tenotomy of the gluteus medius tendon for the treatment of hip tendinopathy
- Perineal nerve block for spastic pelvic floor syndrome and pudendal neuralgia
- Peritendon injection for the treatment of Achilles tendinopathy (including Kager's fat pad, also known as pre-Achilles or pre-calcaneal fat pad)
- Peroneal tendon sheath injection
- Plantar fasciitis injections
- Posterior tibial nerve block for plantar fasciitis
- Pre-patellar bursa injection
- Psoas tendon injection
- Radial nerve block for post-operative pain management
- Rectus abdominus muscle infiltration for palliative treatment of abdominal wall pain
- Sacroiliac joint injection (see CPB 0016 - Back Pain - Invasive Procedures)
- Saphenous vein access
- Scar tissue injection after Dupuytren's cord excision surgery
- Sclerotherapy for varicose veins (see CPB 0050 - Varicose Veins)
- Semimembranosus tendon insertion injection
- Subacromial bursitis injection
- Superficial cervical plexus block for post-operative pain control after left trans-mastoid endolymphatic shunt, (y)
- Superficial radiation treatment of skin cancer

- Superior cluneal nerve injections
- Suprascapular nerve block
- Tarsal tunnel injection
- Tendon injection (other than those listed as medically necessary above)
- Tendon sheath injection of pectoralis minor
- Tenotomy for the treatment of lateral epicondylitis
- Tibiofibular joint injection
- Trigger finger injection/trigger finger release with or without hydrodissection
- Trigger point injections (see CPB 0016 - Back Pain - Invasive Procedures)
- Trochanteric bursa injections
- Viscosupplement injections (see CPB 0179 - Viscosupplementation).

### Post-payment Audit Statement

The medical record must include documentation that reflects the medical necessity criteria and is subject to audit by Highmark Health Options at any time pursuant to the terms of your provider agreement.

### Place of Service: Outpatient

### CODING REQUIREMENTS

CPT code	Description
20600	Arthrocentesis, aspiration and/or injection, small joint or bursa (e.g., fingers, toes); without ultrasound guidance.
20604	Arthrocentesis, aspiration and/or injection, small joint or bursa (e.g., fingers, toes); with ultrasound guidance, with permanent recording and reporting.
20605	Arthrocentesis, aspiration and/or injection; intermediate joint or bursa (e.g., temporomandibular, acromioclavicular, wrist, elbow or ankle, olecranon bursa); without ultrasound guidance.
20606	Arthrocentesis, aspiration and/or injection; intermediate joint or bursa (e.g., temporomandibular, acromioclavicular, wrist, elbow or ankle, olecranon bursa); with ultrasound guidance, with permanent recording and reporting.
20610	Arthrocentesis, aspiration and/or injection; major joint or bursa (e.g., shoulder, hip, knee joint, subacromial bursa); without ultrasound guidance.
20611	Arthrocentesis, aspiration and/or injection; major joint or bursa (e.g., shoulder, hip, knee joint, subacromial bursa); with ultrasound guidance, with permanent recording and reporting.
20550	Injection(s); single tendon sheath, or ligament, aponeurosis (e.g., plantar "fascia").
20551	Injection(s); single tendon origin/insertion.
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 muscle(s).
76942	Ultrasonic guidance for needle placement (e.g., biopsy, aspiration, injection, localization device), imaging supervision and interpretation.
76882	Ultrasound, extremity, nonvascular, real-time with image documentation; limited, anatomic specific.

**REIMBURSEMENT**

Participating facilities will be reimbursed per their Highmark Health Options contract.

**References**

A Randomized, Controlled, Double Blinded Study of Ultrasound Guided Corticosteroid Joint Injections in Patients with Inflammatory – Arthritis & Rheumatism – March 10, 2010, <http://www3.interscience.wiley.com/journal/123318594/abstract?CRETRY=1&SRETRY=0>

Current Procedural Terminology (CPT®), (2017) – American Medical Association

Daniels, E. W. et al. (2018) Existing Evidence on Ultrasound-Guided Injections in Sports Medicine. The Orthopaedic Journal of Sports Medicine, 6(2), 1-7. doi: 10.1177/2325967118756576

EnCoder Pro – Ingenix (2017)

Facets Claim System – SelectHealth (2017)

Knee Joint Injections: Watch for Ultrasound Guidance Denials, Highmark Medicare Service, May 28, 2010 <http://news.aapc.com/index.php/2010/05/knee-joint-injections-watch-for-ultrasound-guidance-denials/>

National Correct Coding Initiative (NCCI) (2017)

**POLICY UPDATE HISTORY**

02/22/2023	Policy created; approved in Medical Policy Committee
02/28/2023	Approved in QI/UM