

Epidurals

Preauthorization Documentation Requirements

History: Must include **ALL** listed below

Must document all conservative treatment including what, how long and results:

- 1) Formal PT or a **physician directed** home exercise program and the results – must be within 6 months. Documentation must include the words formal or physician directed.
- 2) Activity modification – what, how long and results
- 3) ADLs – how are they affected
- 4) Medications – specific name, length of time used and results

Physical Exam:

Radiculopathy must be documented by the presence of **ANY** of the following:

- 1) Loss of strength of specific named muscle (s) or myotomal distribution (s) demonstrated on detailed neurologic examination within the prior 3 months concordant with nerve root compression of the involved named spinal nerve root (s).
- 2) Altered sensation to light touch, pressure, pin prick or temperature demonstrated on a detailed neurologic examination (within the prior 3 months in the sensory distribution concordant with nerve root compression of the involved named spinal nerve root (s)
- 3) Diminished, absent or asymmetric reflex (es) concordant with nerve root compression of the involved named spinal nerve root (s).
- 4) Pain or other dysaesthesia/paraesthesia reported by the patient in a sensory distribution (specific dermatome) of the involved named spinal nerve root (s) with either of the following:
 - a. A concordant radiologist's interpretation of an advanced diagnostic imaging study (MRI or CT) of the spine demonstrating compression of the involved named spinal nerve root (s). This must be performed within the prior 12 months.
 - b. EMG/NCV's diagnostic of nerve root compression of the involved named spinal nerve root (s). Must be performed within the prior 12 months.