

Interqual Best Practices Guidelines for Pain Management Injections and MRI of the Spine

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The following information needs to be provided to
Molina Healthcare either via fax, by completing the
Service Request form (for Prior Authorization), or verbally:

1. Exam findings of weakness or pain of a spinal nerve origin, **AND**
2. Non-diagnostic X-ray imaging
(not indicating arthritis or other disease), **AND**
3. Conservative care for 12 weeks or more:
 - anti-inflammatory medication (naproxen, ibuprofen, etc.);
dosage strength, daily frequency, & for duration given, **AND**
 - physical therapy; which modalities, frequency per week, &
for duration

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After at least 12 weeks of conservative treatment, an injection may
be considered if there appears to be a delay in recovery.

Most patients improve and recover with conservative care, without
needing complex procedures or imaging.
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