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Medical

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Extracorporeal Shockwave Therapy in Musculoskeletal Indications

Adjudication Guideline

Abstract

For Members

Extracorporeal shock wave therapy (ESWT) is a non-invasive treatment that involves delivery of low- or high-energy shock waves via a device to a specific site within the body. These pressure waves travel through fluid and soft tissue; their effects occur at sites where there is a change in impedance, such as the bone/soft-tissue interface. Low-energy shocks waves are applied in a series of treatments and do not typically cause any pain. High-energy shock wave treatments are generally given in one session and usually require some type of anesthesia.

ESWT should be used with caution or avoided in patients with diabetes, open growth plates, tumors, osteoporosis, rheumatoid arthritis, infection, a pacemaker, a cardiac stent, and in pregnant patients.

For Medical Professionals

There are a number of conservative treatments for handling specific musculoskeletal injuries such as: lateral epicondylitis, plantar fasciitis, calcifying tendinitis of the shoulder, Non-refractory trochanteric bursitis, including avoidance of activities with high impact, taping, casting, ice, heel cups or pads, physical therapy, exercise programs, night splints, bracing, non-steroidal anti-inflammatory drugs (NSAIDs), orthoses, shoe modifications, and steroid injections. If the mentioned above conservative treatments failed after six months, Extracorporeal Shockwave therapy (ESWT) is considered.

Approved by:
Daman

Responsible:
Medical Standards & Research

Related Adjudication Guidelines:
None

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Scope

This adjudication rule specifies the coverage details for medically necessary indications of Extracorporeal shockwave therapy in musculoskeletal indications as per the policy terms and conditions of each health insurance plan administered by Daman.

Adjudication Policy

Eligibility / Coverage Criteria

Daman covers Extracorporeal shockwave therapy (ESWT) for the below listed musculoskeletal indications, when pain persists for 6 months and conservative treatment failed to achieve improvement:

- Lateral epicondylitis;
- Calcaneal spur/Plantar fasciitis;
- Calcifying tendinitis of the shoulder;
- Non-refractory Trochanteric bursitis (hip).

Eligible clinician speciality
orthopaedic
Rheumatologist
Physical Medicine and Rehabilitation
Sports medicine

Requirements for Coverage

ICD and CPT codes must be coded to the highest level of specificity.

Non-Coverage

- Daman does not cover extracorporeal shock wave therapy (ESWT) for off-label indications.
- Daman does not cover extracorporeal shock wave therapy (ESWT) if documentation failed to prove that patient, meeting the diagnosis criteria, has been for six months on conservative therapy which were unsuccessfully completed.

Payment and Coding Rules

Please apply DOH payment rules and regulations and relevant coding manuals for ICD, CPT, etc.

Appendices

A. References

1. <https://www.nice.org.uk/guidance/ipg312> (**Extracorporeal shockwave therapy for refractory Achilles tendinopathy**)
2. <https://www.nice.org.uk/guidance/ipg313> (**Extracorporeal shockwave therapy for refractory tennis elbow**)
3. <https://www.nice.org.uk/guidance/ipg311> (**Extracorporeal shockwave therapy for refractory plantar fasciitis**)
4. <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/DeviceApprovalsandClearances/Recently-ApprovedDevices/ucm078648.htm> (**Orthospec™ Extracorporeal Shock Wave Therapy**)
5. <http://bestpractice.bmj.com/best-practice/monograph/586/treatment/step-by-step.html> (**Rotator cuff injury**)
6. <http://bestpractice.bmj.com/best-practice/monograph/487/basics/definition.html> (**Extracorporeal shockwave therapy for refractory plantar fasciitis**)
7. https://www.uptodate.com/contents/rotator-cuff-tendinopathy?source=search_result&search=rotator+cuff+tendinopathy&selectedTitle=1%7E36 (**Rotator cuff tendinopathy**)

B. Revision History

Date	Change(s)
01-03-2017	V 1.0 Release
15-10-2020	Update: Eligible clinician speciality