

Extracorporeal Shock Wave Therapy (ESWT)

(OssaTron® Lithotripsy)

MPM 5.6

Disclaimer Refer to the member's specific benefit plan and *Schedule of Benefits* to determine coverage. This may not be a benefit on all plans or the plan may have broader or more limited benefits than those listed in this medical policy.

Description Extracorporeal shock wave therapy (ESWT) is a noninvasive treatment that delivers shock waves to a particular body part to reduce pain and promote healing of the affected soft tissue.^{1,2} The FDA has approved the use of some ESWT machines for plantar fasciitis and lateral epicondylitis.

Coverage Determination This technology has been reviewed by the Technology Assessment Committee and the Medical Policy Committee (formerly known as the Benefit Interpretation Committee).

Extracorporeal shock wave therapy is **not** a covered benefit for any musculoskeletal indication, including plantar fasciitis. There is insufficient evidence to support the effectiveness of ESWT.

Coding The coding listed in this medical policy is for reference only. Covered and non-covered codes are within this list.

CPT Codes	Description
28890	Extracorporeal shock wave, high energy, performed by a physician, requiring anesthesia other than local, including ultrasound guidance, involving the plantar fascia
0019T	Extracorporeal shock wave involving musculoskeletal system, not otherwise specified, low energy
0101T	Extracorporeal shock wave involving musculoskeletal system, not otherwise specified, high energy
0102T	Extracorporeal shock wave, high energy, performed by a physician, requiring anesthesia other than local, involving lateral humeral epicondyle

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ICD-9© Diagnosis Codes	Description
719.41 719.42 719.47	Pain in joint of shoulder, elbow, or ankle and foot
719.48	Pain in joint (other specified sites) for heel pain
719.61 719.62 719.67	Other symptoms referable to joint of shoulder, elbow, or ankle and foot
723.4	Radicular syndrome upper limb
726.0	Adhesive capsulitis of shoulder
726.10 – 726.19	Rotator cuff syndrome of shoulder and allied disorders
726.30	Elbow tendonitis
726.31	Medical epicondylitis
726.32	Lateral epicondylitis (tennis elbow)
726.71	Achilles bursitis or tendinitis
726.73	Calcaneal spur
726.90	Enthesopathy of unspecified site
726.91	Bone spur not otherwise specific
728.71	Chronic plantar fasciitis

- References:**
- Hayes Directory, Copyright © 2005 Winifred S. Hayes, Inc., Extracorporeal Shock Wave Therapy for Plantar Fasciitis, August 22, 2005. Update Search February 13, 2008.
 - Hayes Directory, Copyright © 2005 Winifred S. Hayes, Inc., Extracorporeal Shock Wave Therapy for Chronic Epicondylitis of the Elbow, August 22, 2005. Update Search September 8, 2008.
 - Hayes Directory, Copyright © 2005 Winifred S. Hayes, Inc., Extracorporeal Shock Wave Therapy for TGendonitis of the Rotator Cuff, August 22, 2005. Update Search September 9, 2008.
 - Milliman Care Guidelines®, Ambulatory Care, 12th Edition. Extracorporeal Shock Wave Therapy, Musculoskeletal. ACG: A-0223 (AC). Last Update: 2-11-08.

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01-01-07: Benefit/Technology Alert, revision
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This Medical Policy is intended to represent clinical guidelines describing medical appropriateness and is developed to assist Presbyterian Health Plan and Presbyterian Insurance Company, Inc. (Presbyterian) Health Services staff and Presbyterian medical directors in determination of coverage. The Medical Policy is not a treatment guide and should not be used as such.

For those instances where a member does not meet the criteria described in these guidelines, additional information supporting medical necessity is welcome and may be utilized by the medical director in reviewing the case. Please note that all Presbyterian medical policies are available online at:
<http://www.phs.org/resources/documents/HLTHCRIT.pdf>.