Femoroacetabular Impingement (FAI) Hip Surgery (Open or Arthroscopic)

Medical Coverage Policy

Effective Date: 03/22/2012
Revision Date: 03/22/2012
Review Date: 03/22/2012
Policy Number: CLPD-0490-003

Change Summary: Updated Disclaimer, Background, Medical Terms, References

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**Disclaimer**

State and federal law, as well as contract language, including definitions and specific inclusions/exclusions, take precedence over clinical policy and must be considered first in determining eligibility for coverage. Coverage may also differ for our Medicare and/or Medicaid members based on any applicable Centers for Medicare & Medicaid Services (CMS) coverage statements including National Coverage Determinations (NCD), Local Medical Review Policies (LMRP) and/or Local Coverage Determinations. See the CMS website at http://www.cms.hhs.gov/. The member’s health plan benefits in effect on the date services are rendered must be used. Clinical policy is not intended to pre-empt the judgment of the reviewing medical director or dictate to health care providers how to practice medicine. Health care providers are expected to exercise their medical judgment in rendering appropriate care. Identification of selected brand names of devices, tests and procedures in a medical coverage policy is for reference only and is not an endorsement of any one device, test or procedure over another. Clinical technology is constantly evolving, and we reserve the right to review and update this policy periodically. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any shape or form or by any means, electronic, mechanical, photocopying or otherwise, without permission from Humana.

**Description**

Femoroacetabular impingement (FAI) occurs as a result of friction in the hip joint caused by abnormal contact between the femoral head and the rim of the acetabulum (hip socket). Over time, the repetitive contact can cause damage to the articular or labral cartilage, which may lead to degenerative joint disease.

The main goal of surgical treatment for this condition is to improve the clearance for motion at the hip joint and lessen the femoral thrust against the acetabular rim. Surgical techniques are based on the type of FAI and include, but may not be limited to, procedures such as hip arthroplasty, labral debridement or acetabulum rim trimming.\(^1\)
Humana members may be eligible under the plan for **femoroacetabular impingement (FAI) hip surgery** using an open or arthroscopic technique, when **ALL** of the following indications are met:

- Hip pain that interferes with activities of daily living; **AND**
- Failure of conservative treatment, which includes, but may not be limited to, physical therapy, medications (e.g., non-steroidal anti-inflammatory drugs (NSAIDS), injections of local anesthetics into the joint); **AND**
- Radiographic confirmation of FAI with evidence of CAM impingement (alpha angle greater than 50 degrees), pincer impingement (coxa profunda or acetabular retroversion) or both; **AND**
- Absence of advanced osteoarthritis

Humana members may **NOT** be eligible under the Plan for **femoroacetabular impingement (FAI) hip surgery** for any indications other than those listed above or in the presence of advanced osteoarthritis. This technology is considered experimental/investigational as it is not identified as widely used and generally accepted for the proposed use as reported in nationally recognized peer-reviewed medical literature published in the English language.

You can learn more about **femoroacetabular impingement** from the following websites:


To make the best health decision for the patient’s individual needs, the patient should consult his/her physician.

All provider claims codes surrounding this topic may not be included in the following...
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Codes

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<td>Arthroscopy, hip, surgical; with synovectomy</td>
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<td>29915</td>
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<td>29916</td>
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<td>Arthroscopy of hip</td>
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<tr>
<td>80.85</td>
<td>Other local excision or destruction of lesion of hip joint</td>
</tr>
<tr>
<td>80.95</td>
<td>Other excision of hip joint</td>
</tr>
</tbody>
</table>

Medical Terms

**Acetabulum** – The socket in the hipbone that receives the head of the thighbone.

**Alpha Angle** – A measurement of the hip ball (femoral head and neck junction) to determine how much cam impingement exists. The larger the alpha angle, the larger the impingement.

**Arthroplasty** – The surgical repair of a joint or the fashioning of a moveable joint, using the patient’s own tissue or an artificial replacement.

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Articular – Of or pertaining to the joints.

Aspherical – Deviating slightly from a perfectly spherical shape.

Cam Impingement – A type of impingement in which the femoral head is aspherical (not round), which prevents it from rotating smoothly inside the acetabulum (i.e., femoral cause).

Cartilage – A firm, elastic, flexible type of connective tissue of a translucent whitish or yellow color.

Coxa Profunda – A global over coverage of the acetabulum caused by acetabular depth being too deep.

Debridement – Surgical removal of foreign matter and dead tissue from a wound.

Degenerative Joint Disease – Also known as osteoarthritis, which is a form of arthritis occurring mainly in older persons that is characterized by chronic degeneration of the cartilage of the joints.

Femoral – Pertaining to, or situated at, in, or near the thigh or femur.

Femur – A bone in the human leg extending from the pelvis to the knee, which is the longest, largest, and strongest bone in the body.

Flexion – The act of bending a limb.

Friction – The rubbing of the surface of one body against that of another.

Groin – The fold or hollow on either side of the front of the body where the thigh joins the abdomen.

Impingement – To collide or strike.

Intermittent – Stopping or ceasing for a time.

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Internal Rotation – The rotation towards the center of the body.

Labrum – A ring of fibrocartilage (fibrous cartilage) around the edge of the articular (joint) surface of a bone.

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) – NSAIDS are used in an effort to relieve pain and suppress inflammation in a manner similar to steroids, but without the side effects of steroids. Examples of NSAIDS are aspirin and ibuprofen.

Osteoarthritis – The most common form of arthritis, usually occurring after middle age, marked by chronic breakdown of cartilage in the joints leading to pain, stiffness, and swelling.

Pincer Impingement – A type of impingement in which extra bone extends out over the normal rim of the acetabulum (i.e., acetabular cause).

Pistol Grip Deformity – Describes the abnormal shape of the hip joint. The edge of the acetabulum is prominent. The head of the femur butts up against the edge of the acetabulum instead of sliding and gliding down smoothly in the socket. It gives the joint the look of a pistol grip shape when seen on x-rays.

Radiograph – A photographic image produced by the action of x-rays or nuclear radiation.

Repetitive – Given to or characterized by repetition, which is the act of repeating.

Retroversion – The state of being turned or tilted back.

References


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