Extracorporeal Shock Wave Therapy (ESWT) for Musculoskeletal Indications

Medical Coverage Policy

Effective Date: 01/01/2012
Revision Date: 01/01/2012
Review Date: 09/22/2011
Policy Number: CLPD-0379-005

Change Summary: Updated Provider Claims Codes

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Description

Extracorporeal shock wave therapy (ESWT) is a treatment that involves the delivery of shock waves to painful regions of the epicondyle, the shoulder, or the heel, with the goal of reducing pain and promoting healing of the affected soft tissue. The use of shock waves is theorized to reduce inflammation, break up scar tissue, and stimulate tissue healing. ESWT is performed on an outpatient basis and may utilize local anesthesia to numb the area targeted for treatment. ESWT is intended as a noninvasive alternative to surgical treatment in selected patients who have failed conventional medical therapy.
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Coverage Determination

Note: Most Plans do not cover ESWT for the feet. Please consult individual contract.

Humana members may NOT be eligible under the Plan extracorporeal shock wave therapy for musculoskeletal indications, including, but not limited to, epicondylitis, plantar fasciitis, or rotator cuff tendonitis. 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.

Background

You can learn more about epicondylitis, plantar fasciitis, or rotator cuff tendonitis from the following sites:

- American College of Foot and Ankle Surgeons – http://www.acfas.org

Medical Alternatives

Alternatives to extracorporeal shock wave therapy include, but may not be limited to, the following:

- Home exercises
- Immobilization
- Night splints
- Orthotics (See Orthotics Medical Coverage Policy)
- Padding and/or taping of the heel
- Prescription drug therapy may be appropriate for this condition
- Physical therapy (See Physical Therapy (PT) and Occupational Therapy (OT) Medical Coverage Policy).

To make the best health decision for your individual needs, consult your physician.

See the DISCLAIMER. All Humana member health plan contracts are NOT the same. All legislation/regulations on this subject may not be included. This document is for informational purposes only.
## Provider Claims Codes

All provider claims codes surrounding this topic may not be included in the following table:

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<thead>
<tr>
<th>CPT® Codes</th>
<th>Description</th>
<th>Comments</th>
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<tbody>
<tr>
<td>28890</td>
<td>Extracorporeal shock wave, high energy, performed by a physician, requiring anesthesia other than local, including ultrasound guidance, involving the plantar fascia</td>
<td>Not Covered</td>
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**Category III CPT® Codes**

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<th>CPT® Codes</th>
<th>Description</th>
<th>Comments</th>
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</thead>
<tbody>
<tr>
<td>0019T</td>
<td>Extracorporeal shock wave involving musculoskeletal system, not otherwise specified, low energy</td>
<td>Not Covered</td>
</tr>
<tr>
<td>0101T</td>
<td>Extracorporeal shock wave involving musculoskeletal system, not otherwise specified; high energy</td>
<td>Not Covered</td>
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<tr>
<td>0102T</td>
<td>Extracorporeal shock wave, high energy, performed by a physician, requiring anesthesia other than local, involving lateral humeral epicondyle</td>
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<tr>
<td>0299T</td>
<td>Extracorporeal shock wave for integumentary wound healing, high energy, including topical application and dressing care; initial wound</td>
<td>New Code Effective 01/01/2012 Not Covered</td>
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<tr>
<td>0300T</td>
<td>Extracorporeal shock wave for integumentary wound healing, high energy, including topical application and dressing care; each additional wound (List separately in addition to code for primary procedure)</td>
<td>New Code Effective 01/01/2012 Not Covered</td>
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**HCPCS® Codes**

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**ICD-9® Procedure**

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<table>
<thead>
<tr>
<th>Codes</th>
<th>Extracorporeal shockwave lithotripsy of other sites</th>
<th>Not Covered</th>
</tr>
</thead>
</table>

**Medical Terms**

**Anesthesia** - Medication used before or during surgery or a medical procedure that prevents pain from being felt, or provides decreased consciousness.

**Epicondyle** - Bony projection on the inner side of the distal end of the humerus.

**Epicondylitis** - Inflammation of the epicondyle or of the tissues adjoining the epicondyle of the humerus.

**Extracorporeal** - Occurring or situated outside the body.

**Immobilization** - To prevent the use, activity, or movement of.

**Musculoskeletal** - Refers to the muscles, tendons, ligaments, cartilage and bones.

**Orthotics** - Refers to braces, splints, casts, supports and other devices used to support, align, prevent or correct deformities, or to improve the function of movable parts of the body.

**Physical Therapy** - Treatment of physical dysfunction or injury by the therapeutic exercise and the application of modalities, intended to restore or facilitate normal function or development.

**Plantar Fasciitis** - Inflammation of the plantar fascia.

**Rotator Cuff** - Group of four muscles and their tendons around the shoulder joint, to stabilize or move the shoulder.

**Tendon** - Fibrous, strong connective tissue that connects muscle to bone.

**Tendonitis** - Inflammation of a tendon.
References


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