



## Extracorporeal Shockwave Therapy for Musculoskeletal Indications — MEDICARE

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### Definitions

Extracorporeal shock wave therapy (ESWT) is a non-invasive treatment option for musculoskeletal conditions that have failed to respond to conservative treatment. ESWT uses technology similar to lithotripsy in an attempt to relieve musculoskeletal symptoms of the specified affected area. The exact mechanism by which ESWT works is not known. There are two theories on the therapeutic effects of shock waves. One theory is that shock waves alleviate pain by increasing blood flow and decreasing inflammation in the affected area. Another theory is that shock waves damage cell membranes thus interfering with the transmission of pain signals.

### Guideline

Medicare members are eligible for ESWT coverage only when used to treat epicondylitis or plantar fasciitis. Documentation substantiating medical necessity must be available upon request and the record must document that previous treatments over a 6-month period have been employed and failed (previous treatments include rest, physical therapy, oral medication, injection of local anesthetics and corticosteroids, splints, or plaster casts, heel cushions and heel cups). Additionally, the equipment utilized in the treatment must be FDA-approved specifically for the indications of epicondylitis and plantar fasciitis.

### Limitations/Exclusions

1. ESWT is not considered medically necessary for indications other than epicondylitis or plantar fasciitis.
2. ESWT treatment must be provided under the personal supervision of a treating physician trained in the performance of this procedure and should not be performed > 1 to 3 times per year.

### Applicable Procedure Codes

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

### Applicable ICD-10 Codes

M72.2	Plantar fascial fibromatosis
M77.10	Lateral epicondylitis, unspecified elbow
M77.11	Lateral epicondylitis, right elbow
M77.12	Lateral epicondylitis, left elbow

### References

Specialty-matched clinical peer review.