GUIDELINES
This policy does not certify benefits or authorization of benefits, which is designated by each individual policyholder contract. Paramount applies coding edits to all medical claims through coding logic software to evaluate the accuracy and adherence to accepted national standards. This guideline is solely for explaining correct procedure reporting and does not imply coverage and reimbursement.

DESCRIPTION
Extracorporeal Shock Wave Therapy (ESWT) is a non-surgical treatment that involves the delivery of shock waves to musculoskeletal areas of the body (commonly the epicondyle, shoulder, or 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. The shock waves for orthopedic indications are the same as those used to break up kidney stones, but have 10 times less energy. 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.

POLICY
Extracorporeal Shock Wave Therapy (28890) for plantar fasciitis requires prior authorization.
Extracorporeal Shock Wave Therapy (0101T, 0102T, 0299T, 0300T) for any other musculoskeletal indication or for soft tissue wounds is non-covered. (Deleted codes 0299T, 0300T effective 12/31/17)

HMO, PPO, Individual Marketplace, Advantage, Elite
Extracorporeal Shock Wave Therapy (28890) for plantar fasciitis may be covered with prior authorization. Paramount utilizes InterQual® criteria sets for medical necessity determinations.

Extracorporeal Shock Wave Therapy (0101T, 0102T, 0299T, 0300T) for any other musculoskeletal indication or for soft tissue wounds is considered experimental and investigational and therefore non-covered because there is insufficient evidence in the peer-reviewed medical literature of the effectiveness of this procedure.

CODING/BILLING INFORMATION
The appearance of a code in this section does not necessarily indicate coverage. Codes that are covered may have selection criteria that must be met. Payment for supplies may be included in payment for other services rendered.

<table>
<thead>
<tr>
<th>CPT CODES</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0101T</td>
<td>Extracorporeal shock wave involving musculoskeletal system, not otherwise specified high energy</td>
</tr>
<tr>
<td>0102T</td>
<td>Extracorporeal shock wave, high energy, performed by a physician, requiring anesthesia other than local, involving lateral humeral epicondyle</td>
</tr>
<tr>
<td>0299T</td>
<td>Extracorporeal shock wave for integumentary wound healing, high energy, including topical application and dressing care; initial wound (Deleted code effective 12/31/17)</td>
</tr>
<tr>
<td>0300T</td>
<td>Each additional wound (List separately in addition to code for primary procedure) (Deleted code effective 12/31/17)</td>
</tr>
<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>
</tr>
</tbody>
</table>

TAWG REVIEW DATES: 02/14/2014, 04/23/2015, 01/22/2016, 01/27/2017, 12/15/2017, 10/25/2018

REVISION HISTORY EXPLANATION
01/01/06: Added new CPT 28890 and deleted 0020T, G0279, G0280 according to 2006 code changes. Reimbursement guidelines were not changed and are still considered investigational.
12/01/06: Revised codes
Effective 1/1/2007, procedure codes G0279 and G0280 are no longer active. In addition, procedure code 0020T has been replaced with procedure code 28890, but still remains an investigational service and will be denied “22” (experimental services and/or drugs not covered – no patient liability).
01/01/08: No change
11/01/08: Revised references
03/15/10: Updated
04/01/11: Updated

02/14/14: Extracorporeal Shock Wave Therapy (non-renal) for plantar fasciitis (28890) may now be covered with prior authorization for Advantage members per The Ohio Department of Medicaid and for Elite members following CMS guidelines. Added codes 0299T & 0300T. Policy reviewed by The Technology Assessment Working Group (TAWG) and updated to reflect most current clinical evidence.

04/23/15: Extracorporeal Shock Wave Therapy (non-renal) for plantar fasciitis (28890) may now be covered with prior authorization for all product lines following InterQual criteria. Policy reviewed and updated to reflect most current clinical evidence per The Technology Assessment Working Group (TAWG).

01/22/16: Policy reviewed and updated to reflect most current clinical evidence per The Technology Assessment Working Group (TAWG).

01/27/17: Removed deleted code 0019T effective 12/31/16. Policy reviewed and updated to reflect most current clinical evidence per The Technology Assessment Working Group (TAWG).

12/15/17: Effective 12/31/17 deleted codes 0299T & 0300T. Policy reviewed and updated to reflect most current clinical evidence per The Technology Assessment Working Group (TAWG).

10/25/18: Policy reviewed and updated to reflect most current clinical evidence per The Technology Assessment Working Group (TAWG).

REFERENCES/RESOURCES
Centers for Medicare and Medicaid Services, CMS Manual System and other CMS publications and services
Ohio Department of Medicaid http://jfs.ohio.gov/
American Medical Association, Current Procedural Terminology (CPT®) and associated publications and services
Centers for Medicare and Medicaid Services, Healthcare Common Procedure Coding System, HCPCS Release and Code Sets
Industry Standard Review
Hayes, Inc.