

# WellCare Health Plans, Inc.

*The WellCare Group of Companies*

# Clinical Coverage Guideline

*WellCare Prescription Insurance, Inc.*

*'Ohana Health Plan, a plan offered by  
WellCare Health Insurance of Arizona, Inc.*

*WellCare Health Insurance of Illinois, Inc.*

*WellCare Health Insurance of New York, Inc.*

*Harmony Behavioral Health, Inc.*

*Harmony Behavioral Health of Florida, Inc.*

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*WellCare of New York, Inc.*

*WellCare of Connecticut, Inc.*

*WellCare of Georgia, Inc.*

*Harmony Health Plan of Illinois, Inc.*

*WellCare of Ohio, Inc.*



## Extracorporeal Shock Wave Therapy

**Guideline Number: HS-037**

**Original Effective Date: 8/7/2008**

**Revision Date: 7/21/2009**

The Clinical Coverage Guideline is intended to supplement certain standard WellCare benefit plans. The terms of a member's particular Benefit Plan, Evidence of Coverage, Certificate of Coverage, etc., may differ significantly from this Coverage Position. For example, a member's benefit plan may contain specific exclusions related to the topic addressed in this Clinical Coverage Guideline. When a conflict exists between the two documents, the Member's Benefit Plan always supersedes the information contained in the Clinical Coverage Guideline. Additionally, Clinical Coverage Guidelines relate exclusively to the administration of health benefit plans and are NOT recommendations for treatment, nor should they be used as treatment guidelines. The application of the Clinical Coverage Guideline is subject to the benefit determinations set forth by the Centers for Medicare and Medicaid Services (CMS) National and Local Coverage Determinations and state-specific Medicaid mandates, if any.

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### DISCLAIMER

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### APPLICATION STATEMENT

The application of the Clinical Coverage Guideline is subject to the benefit determinations set forth by the Centers for Medicare and Medicaid Services (CMS) National and Local Coverage Determinations and state-specific Medicaid mandates, if any.

### CLINICAL COVERAGE GUIDELINE

**Extracorporeal shock wave therapy (ESWT) is considered experimental and investigational for all indications.**

#### BACKGROUND

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 the shock waves. One theory is that the shock waves alleviate pain by increasing blood flow and decreasing inflammation in the affected area. Another theory is that the shock waves damage cell membranes thus interfering with the transmission of pain signals.

#### CODING

**Experimental/Investigational/Unproven/Not Covered:**

#### Non Covered CPT\* Codes

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 humeral epicondyle

### **ICD-9-CM Procedure Codes**

No specific codes

### **HCPCS Codes**

No specific codes

### **ICD-9-CM Diagnosis Codes**

All diagnosis codes

\*Current Procedural Terminology (CPT) 2009 American Medical Association: Chicago, IL.©©

### **REFERENCES**

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2. InterQual Clinical Evidence Summary. Plantar Heel Pain, 2007.
3. Hayes Directory. Extracorporeal Shock Wave Therapy for Chronic Plantar Fasciitis, August 22, 2005.
4. Hayes Directory. Extracorporeal Shock Wave Therapy for Chronic Lateral Epicondylitis of the Elbow. August 22, 2005.
5. Hayes Directory. Extracorporeal Shock Wave Therapy for Tendonitis of the Rotator Cuff. August 22, 2005.
6. UnitedHealthcare Technology Assessment. Extracorporeal Shock Wave Therapy (ESWT) for Orthopedic Indications. April 12, 2007.