



MEDICAL POLICY STATEMENT

Ohio Medicaid

| Policy Name & Number | Date Effective |
|--|-----------------------|
| Sacroiliac Joint Procedures-OH MCD-MM-0010 | 08/01/2022-11/30/2023 |
| Policy Type | |
| MEDICAL | |

Medical Policy Statement prepared by CareSource and its affiliates are derived from literature based on and supported by clinical guidelines, nationally recognized utilization and technology assessment guidelines, other medical management industry standards, and published MCO clinical policy guidelines. Medically necessary services include, but are not limited to, those health care services or supplies that are proper and necessary for the diagnosis or treatment of disease, illness, or injury and without which the patient can be expected to suffer prolonged, increased or new morbidity, impairment of function, dysfunction of a body organ or part, or significant pain and discomfort. These services meet the standards of good medical practice in the local area, are the lowest cost alternative, and are not provided mainly for the convenience of the member or provider. Medically necessary services also include those services defined in any Evidence of Coverage documents, Medical Policy Statements, Provider Manuals, Member Handbooks, and/or other policies and procedures.

Medical Policy Statements prepared by CareSource and its affiliates do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage) for the service(s) referenced in the Medical Policy Statement. If there is a conflict between the Medical Policy Statement and the plan contract (i.e., Evidence of Coverage), then the plan contract (i.e., Evidence of Coverage) will be the controlling document used to make the determination. According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

Table of Contents

| | |
|---------------------------------|---|
| A. Subject..... | 2 |
| B. Background..... | 2 |
| C. Definitions | 2 |
| D. Policy | 3 |
| E. Conditions of Coverage..... | 5 |
| F. Related Polices/Rules | 5 |
| G. Review/Revision History..... | 5 |
| H. References..... | 6 |

A. Subject

Sacroiliac Joint Procedures

B. Background

Nearly 84% of adults experience back pain during their lifetime. Long-term outcomes are largely favorable for most patients, but a small percentage of patients' symptoms are persistent. Persistent pain is categorized as subacute when it lasts between four and twelve weeks and chronic when it persists for at least three months.

Up to 10% to 25% of patients with persistent low back pain may have a component of pain related to sacroiliac (SI) joints. Comprehensive pain management care plans are most effective in managing patient's chronic pain. These plans focus on a person-centered approach and incorporate conservative treatment with other modalities. These multidisciplinary treatments include promoting patient self-management and aim to reduce the impact of pain on a patient's daily life, even if the pain cannot be relieved completely. In addition to conservative therapy, additional treatment options may include nonpharmacologic or pharmacologic treatments, nonsurgical interventions, and surgical interventions. Interventional procedures for the management of pain unresponsive to conservative treatment should be provided only by physicians qualified to deliver these health services.

Sacroiliac joint injections using local anesthetic and/or corticosteroid medication have been shown to be effective for diagnostic purposes but provide limited short-term relief from pain resulting from SI joint dysfunction. Long-term use has not been adequately studied to establish standards of care. Radiofrequency ablation (RFA) is another treatment method, which uses heat to destroy nerves. RFA for the treatment of low back pain has inconsistent results in the peer-reviewed medical literature with limited follow-up. However, clinical experience suggests that some patients obtain more significant relief from these procedures, making it reasonable to offer sacroiliac joint injections and/or RFA when conservative management has failed.

C. Definitions

- **Conservative Therapy** - A multimodality plan of care. Multimodality care plans include both active and inactive conservative therapies.
 - **Active Conservative Therapies** - Include physical therapy, occupational therapy, a physician supervised home exercise program (HEP), and/or chiropractic care.
 - **Inactive Conservative Therapies** - Include rest, ice, heat, medical devices, TENS unit, and/or prescription medications.
 - If a TENS unit is part of the care plan, the frequency of use, and duration of use with dates must be documented in the medical record. General statements in the medical record such as, "patient has a TENS unit" do not document use, and will not suffice to meet this criterion.
- **Radiofrequency Ablation (RFA)** - Minimally invasive treatment modality that percutaneously introduces an electrode under fluoroscopic guidance to thermocoagulate medial branches of the dorsal spinal nerves.

- **Sacroiliac Joint Injections** - Corticosteroid and local anesthetic therapeutic injections into the sacroiliac joint to treat pain that hasn't responded to conservative therapies.
- **Transcutaneous Electrical Nerve Stimulator (TENS Unit)** - A durable medical equipment device dispensed by prescription.

D. Policy

I. Sacroiliac Joint Injections

A. Initial Injections: CareSource considers sacroiliac joint injection for the treatment of chronic low back pain medically necessary when **ALL** the following criteria are met:

1. Pain and tenderness are located in sacroiliac joint region;
2. Pain has failed to resolve after the patient has completed six consecutive months of conservative management, including **ALL** the following:
 - a. The patient has documentation, including dates of service, addressing **ACTIVE** conservative therapy as part of a multimodality comprehensive plan of care in the medical record that includes **ONE** of the following:
 01. The patient has received **ACTIVE** conservative therapy lasting for 6 weeks or more within the past 6 months including **at least ONE** of the following:
 - (1). Physical therapy;
 - (2). Occupational therapy;
 - (3). A physician supervised home exercise program (HEP), including the following two requirements:
 - i. An exercise prescription and/or plan documented in the medical record; and
 - ii. A follow up documented in the medical record regarding completion of an HEP (after suitable 6-week period), or inability to complete a HEP due to a stated physical reason (i.e., increased pain, inability to physically perform exercises). Patient inconvenience or noncompliance without explanation does not constitute "inability to complete";
 - (4). Chiropractic care; or
 02. The medical record documents **at least ONE** of the following exceptions to the 6 weeks **ACTIVE** conservative therapy requirement in the past 6 months:
 - (1). Moderate pain with significant functional loss at work or home;
 - (2). Severe pain unresponsive to outpatient medical management;
 - (3). Inability to tolerate non-surgical, non-injection care due to co-existing medical condition(s);
 - (4). Prior successful injections for same specific condition with relief of at least 3 months' duration;
 - b. Patient has documentation of **INACTIVE** conservative therapy as part of a multimodality comprehensive approach addressed in the patient's care plan with documentation in the medical record lasting for 6 weeks or more within the past 6 months that includes **at least ONE** of the following:

01. Rest;
02. Ice;
03. Heat;
04. Medical devices;
05. TENS unit;
06. Pain medications (prescription or over the counter) (e.g., non-steroidal anti-inflammatory drugs (NSAIDs), acetaminophen). Opioid narcotics are not required for consideration.

B. Repeat Injections:

1. Two (2) diagnostic injections per joint to evaluate pain and attain therapeutic effect are allowed, repeating no more than once every 7 days.
2. For repeat therapeutic injections, there must be documentation of a 75% or greater reduction in pain with the prior injection.
3. Once the diagnostic injections are performed and the diagnosis is established, 2 therapeutic injections per joint may be performed over a rolling 12-month period.
4. Injections should not be repeated more frequently than every 2 months with no more than a total of 4 injections, including both diagnostic and therapeutic, per joint in a rolling 12 months.

C. Exclusions/Limitations:

1. Codes 64451 and 27096 are considered the same procedure and may not be billed together. Only one code will be reimbursed.
2. Image guidance and/or injection of contrast is included in sacroiliac injection procedures and may not be billed separately.
3. If neural blockade is applied for different regions or different sides, injections are performed at least one week apart.
4. Pain management literature highlighting controlled studies of SI joint pain management has not demonstrated injections of the SI joint to be effective as a long-term management modality. Long-term continuation may be subject to medical necessity review.
5. Monitored anesthesia and conscious sedation will be denied for coverage for sacroiliac joint injections as not medically necessary.
6. The use of SI joint injections for the treatment of pain as a result of Herpes Zoster is considered not medically necessary due to insufficient evidence demonstrating efficacy in the peer-reviewed published literature.

II. Spinal Cord Stimulators/Pain Pumps

Patients with indwelling implanted spinal cord stimulators or pain pumps should have a device interrogation report submitted with medical records for a prior authorization request for proposed interventional pain injections. If a device is not functioning properly, an escalation in pain may warrant evaluation and management of the implanted device.

III. Radiofrequency Ablation of the SI Joint

A. Initial Radiofrequency Ablation of the SI Joint

1. Radiofrequency ablation is considered medically necessary when **ALL** the following have been met in the last 6 months:
 - a. The clinical criteria above for failed conservative therapy (I.A.2.a. and b.) has been met; and
 - b. One diagnostic injection per joint to evaluate pain and attain therapeutic effect has been performed, with a 75% or greater reduction in pain after injection.

B. Repeat Radiofrequency Ablation of the SI Joint

1. Conservative therapy and diagnostic injections are not required if there has been a reduction in pain for at least 12 months or more from the initial RFA within the last 36 months.
2. When there has not been a repeat RFA in the last 36 months, a diagnostic injection is required.
3. A maximum of 1 radiofrequency ablation for SI joint pain per side per rolling 12 months is considered medically necessary.

C. Exclusions/Limitations

1. Codes 64451 and 27096 are considered the same procedure and may not be billed together. Only one code will be reimbursed.
2. The use of cooled RFA for SI joint-mediated low back pain is considered not medically necessary due to insufficient evidence demonstrating efficacy in the peer-reviewed published literature.
3. Pain management literature highlighting controlled studies of SI joint pain management has not demonstrated the effectiveness of RFA as a long-term management modality. Long-term continuation may be subject to medical necessity review.

E. Conditions of Coverage

NA

F. Related Policies/Rules

NA

G. Review/Revision History

| | DATE | ACTION |
|---------------------|---|--|
| Date Issued | 02/10/2015 | New Policy |
| Date Revised | 07/28/2015 07/26/2016 02/08/2018 03/06/2019 10/8/2019 | Removed Herpes Criteria Annual Update: Removed start and end dates. Addition of PA clarification and documentation requirements. Revision of injection frequency. Removed joint fusion denial language. This service will be addressed in the Sacroiliac Joint Fusion policy. |

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.

| | | |
|-----------------------|--|--|
| | 05/13/2020 04/28/2021 03/29/2022 | Annual Update: Added clinical criteria for coverage of radiofrequency ablation of the SI Joint. Added coding information. Annual Update: Removed PA language. Annual Review: Updated background and references, re-organized criteria into initial and subsequent procedures, type of procedure. |
| Date Effective | 08/01/2022 | |
| Date Archived | 11/30/2023 | This Policy is no longer active and has been archived. Please note that there could be other Policies that may have some of the same rules incorporated and CareSource reserves the right to follow CMS/State/NCCI guidelines without a formal documented Policy. |

H. References

1. Chou R, et al. Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society. *Ann Intern Med.* 2007 Oct;147(7):478-491. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
2. Chou R, et al. Nonpharmacologic therapies for low back pain: a systematic review for an American College of Physicians Clinical Practice Guideline. *Ann Intern Med.* 2017 Apr;166(7):493-505. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
3. Chou R. (2021, June 11). Subacute and chronic low back pain: nonsurgical interventional treatment. UpToDate. Retrieved February 15, 2022 from www.uptodate.com.
4. Hansen H, et al. A systematic evaluation of the therapeutic effectiveness of sacroiliac joint interventions. *Pain Phys.* 2012 May-Jun;15(3):E247-E278. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
5. Hurley RW, et al. Consensus practice guidelines on interventions for cervical spine (facet) joint pain from a multispecialty international working group. *Pain Med.* 2021 Nov;22(11):2443-2524. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
6. Jamjoom AM, Saeedi RJ, Jamjoom AB. Placebo effect of sham spine procedures in chronic low back pain: a systematic review. *J Pain Res.* 2021 Sep;14:3057-3065. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
7. Lee DW, et al. Latest evidence-based application for radiofrequency neurotomy (LEARN): best practice guidelines from the American Society of Pain and Neuroscience (ASPN). *J Pain Res.* 2021;14:2807-2831. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
8. Maas ET, et al. Radiofrequency denervation for chronic low back pain. *Cochrane Database Syst Rev.* 2015 Oct;2015(10):CD008572. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
9. Manchikanti L, et al. An update of comprehensive evidence-based guidelines for interventional techniques in chronic spinal pain. Part I: introduction and general considerations. *Pain Phys.* 2013 Apr;16(2 Suppl):S1-S48. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
10. Manchikanti L, et al. An update of comprehensive evidence-based guidelines for interventional techniques in chronic spinal pain. Part II: guidance and

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.

- recommendations. *Pain Phys.* 2013 Apr;16(2 Suppl):S49-S283. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
11. Manchikanti L, et al. Comprehensive evidence-based guidelines for facet joint interventions in the management of chronic spinal pain: American Society of Interventional Pain Physicians (ASIPP) Guidelines Facet Joint Interventions 2020 Guidelines. *Pain Phys.* 2020 May;23(3S):S1-S127. Retrieved February 15, 2022 from www.painphysicianjournal.com.
 12. Simopoulos T, et al. A systematic evaluation of prevalence and diagnostic accuracy of sacroiliac joint interventions. *Pain Phys.* 2012 May-Jun;15(3):E305-E344. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.
 13. Stelzer W, et al. Use of cooled radiofrequency lateral branch neurotomy for the treatment of sacroiliac joint-mediated low back pain: a large case series. *Pain Med.* 2013 Jan;14(1):29-35. Retrieved February 15, 2022 from www.ncbi.nlm.nih.gov.

Independent medical review – March 2019