



CLINICAL GUIDELINES

CMM-204: Prolotherapy

Version 1.0.2019

Effective February 15, 2019



CMM-204: Prolotherapy

CMM-204.1: Definition	3
CMM-204.2: General Guidelines	3
CMM-204.3: Procedure (CPT®) Codes	3
CMM-204.4: References	3

CMM-204.1: Definition

Prolotherapy is defined as an injection or a series of injections designed to strengthen weak or lax ligaments, tendons or joints by injecting various proliferating agents (sclerosing solutions) directly into the proposed damaged or stretched ligaments or tendons or into a joint or its adjacent structures to create scar tissue in an effort to stabilize the joint or tendon. Agents used with prolotherapy have included zinc sulfate, psyllium seed oil, combinations of dextrose, glycerin and phenol, or dextrose alone.

CMM-204.2: General Guidelines

Based on the lack of conclusive scientific evidence demonstrating the clinical efficacy of prolotherapy combined with the potential to expose individuals to adverse side effects or complications, the use of prolotherapy in the treatment of musculoskeletal pain and/or instability (e.g., laxity, weakness) is considered **experimental, investigational or unproven**.

CMM-204.3: Procedure (CPT®) Codes

This guideline relates to the CPT® code set below. Codes are displayed for informational purposes only.
Any given code's inclusion on this list does not necessarily indicate prior authorization is required.

CPT®	Codes Considered Experimental, Investigational , or Unproven
M0076	Prolotherapy
This list may not be all inclusive and is not intended to be used for coding/billing purposes. The final determination of reimbursement for services is the decision of the health plan and is based on the individual's policy or benefit entitlement structure as well as claims processing rules.	

CMM-204.4: References

1. Alderman, D Prolotherapy for Low Back Pain *Practical Pain Management* 2007;7(4):58-63.
2. American College of Occupational and Environmental Medicine. *Occupational Medicine Practice Guideline*, 2nd Ed. 2008.
3. Blue Cross Blue Shield. Medicine Section - Prolotherapy. Policy No: 40. Effective Date: 07/11/06.
4. Dagenais S, Haldeman S, Wooley J. Intraligamentous injection of sclerosing solutions (prolotherapy) for spinal pain: a critical review of the literature. *Spine J.* 2005;5(3):310-28.
5. Dagenais S, Ogunseitan O, Haldeman S, et al. Side effects and adverse events related to intraligamentous injection of sclerosing solutions (prolotherapy) for back and neck pain: A survey of practitioners. *Arch Phys Med Rehabil.* 2006;87(7):909-913.
6. Dagenais S, Yelland M, Del Mar C, Schoene M. Prolotherapy injections for chronic low-back pain. *Cochrane Database of Systematic Reviews*, 2007, Issue 2.
7. Dechow E, Davies R, Carr A, Thompson P. A randomized, double-blind, placebo-controlled trial of sclerosing injections in patients with chronic low back pain. *Rheumatology (Oxford).* 1999; 38(12):1255-1259.
8. Fullerton B. High-resolution ultrasound and magnetic resonance imaging to document tissue repair after prolotherapy: a report of 3 cases. *Archives of Physical Medicine & Rehabilitation.* 2008; 89(2):377-385.

9. Hooper R, Ding M. Retrospective case series on patients with chronic spinal pain treated with dextrose prolotherapy. *J Altern Complement Med*. 2004;10(4):670-674.
10. Kim S, Stitik T, Foye P, et al. Critical Review of Prolotherapy for Osteoarthritis, Low Back Pain, and other Musculoskeletal Conditions: A Physiatric Perspective, *Am J Phys Med Rehabil*. 2004;83(5):379-89.
11. Manchikanti L, Damron K, Cash K, et al. Therapeutic cervical medial branch blocks in managing chronic neck pain: A preliminary report of a randomized, double-blind, controlled trial: Clinical trial NCT0033272. *Pain Physician*. 2006;9(4):333-346.
12. Manchikanti L, Manchikanti K, Manchukonda R, et al. Evaluation of lumbar facet joint nerve blocks in the management of chronic low back pain: Preliminary report of a randomized, double-blind controlled trial: clinical trial NCT00355914. *Pain Physician*. 2007;10(3):425-440.
13. Manchikanti L, Pampati V, Fellows B, et al. The diagnostic validity and therapeutic value of lumbar facet joint nerve blocks with or without adjuvant agents. *Curr Rev Pain*. 2000;4(5):337-344.
14. Nelemans P, de Bie R, de Vet H, Sturmans F. Injection therapy for subacute and chronic benign low back pain. *Cochrane Database of Systematic Reviews*. 2003, Issue 4.
15. Ohberg L, Alfredson H. Sclerosing therapy in chronic Achilles tendon insertional pain-results of a pilot study. *Knee Surgery, Sports Traumatology, Arthroscopy*. 2003;11(5):339-343.
17. Rabago D, Best T, Beamsley M, Patterson J. A systematic review of prolotherapy for chronic musculoskeletal pain. *Clin J Sport Med*. 2005;15(5):376-380.
18. Reeves K, Hassanein K. Randomized prospective double-blind placebo-controlled study of dextrose prolotherapy for knee osteoarthritis with or without ACL laxity. *Altern Ther Health Med*. 2000;6(2):68-80.
19. Reeves K, Hassanein K. Randomized, prospective, placebo-controlled double-blind study of dextrose prolotherapy for osteoarthritic thumb and finger (DIP, PIP, and trapeziometacarpal) joints: evidence of clinical efficacy. *J Altern Complement Med*. 2000;6(4):311-320.
20. Reisner L. Biologic poisons for pain. *Curr Pain Headache Rep*. 2004;8(6):427-434.
21. Workloss Data Institute. Official Disability Guidelines.
22. Yelland M, Del Mar C, Pirozzo S, Schoene ML. Prolotherapy injections for chronic low back pain: a systematic review. *Spine*. 2004; 29(19):2126-2133.
23. Yelland M, Glasziou P, Bogduk N, et al. Prolotherapy injections, saline injections, and exercises for chronic low-back pain: a randomized trial. *Spine*. 2004;29(1):9-16.