CLINICAL GUIDELINES

CMM-204: Prolotherapy

Version 1.1

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Clinical guidelines for medical necessity review of Comprehensive Musculoskeletal Management Services.

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CMM-204: Prolotherapy

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.

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**.

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.

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