



CLINICAL GUIDELINES

CMM-204: Prolotherapy Guidelines

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VERSION 1.1.2025

EviCore
By **EVERNORTH**

EviCore healthcare Clinical Decision Support Tool Diagnostic Strategies: This tool addresses common symptoms and symptom complexes. Requests for individuals with atypical symptoms or clinical presentations that are not specifically addressed will require physician review. Consultation with the referring physician, specialist and/or individual's Primary Care Physician (PCP) may provide additional insight.

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CMM-204: Prolotherapy

Definitions**General Guidelines****Non-Indications****Codes (CMM-204)****References (CMM-204)**

Definitions

Prolotherapy: 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

Evidence in the published peer-reviewed scientific literature evaluating the clinical efficacy of prolotherapy is inconclusive.

Non-Indications

Prolotherapy performed for the treatment of musculoskeletal pain and/or instability (e.g., laxity, weakness) is considered **experimental, investigational, or unproven (EIU)**.

Codes (CMM-204)

The inclusion of any code in this table does not imply that the code is under management or requires prior authorization. Refer to the applicable health plan for management details. Prior authorization of a code listed in this table is not a guarantee of payment. The Certificate of Coverage or Evidence of Coverage policy outlines the terms and conditions of the member's health insurance policy.

Code	Code Description/Definition
M0076	Prolotherapy

References (CMM-204)

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