

# CIGNA MEDICAL COVERAGE POLICIES - MUSCULOSKELETAL CMM-207: Epidural Adhesiolysis

Effective Date: August 04, 2026



**EviCore**  
By EVERNORTH

---

## Instructions for use

The following coverage policy applies to health benefit plans administered by Cigna. Coverage policies are intended to provide guidance in interpreting certain standard Cigna benefit plans and are used by medical directors and other health care professionals in making medical necessity and other coverage determinations. Please note the terms of a customer's particular benefit plan document may differ significantly from the standard benefit plans upon which these coverage policies are based. For example, a customer's benefit plan document may contain a specific exclusion related to a topic addressed in a coverage policy.

In the event of a conflict, a customer's benefit plan document always supersedes the information in the coverage policy. In the absence of federal or state coverage mandates, benefits are ultimately determined by the terms of the applicable benefit plan document. Coverage determinations in each specific instance require consideration of:

1. The terms of the applicable benefit plan document in effect on the date of service
2. Any applicable laws and regulations
3. Any relevant collateral source materials including coverage policies
4. The specific facts of the particular situation

Coverage policies relate exclusively to the administration of health benefit plans. Coverage policies are not recommendations for treatment and should never be used as treatment guidelines.

This evidence-based medical coverage policy has been developed by EviCore, Inc. Some information in this coverage policy may not apply to all benefit plans administered by Cigna.

These guidelines include procedures EviCore does not review for Cigna. Please refer to the [Cigna CPT code list](#) for the current list of high-tech imaging procedures that EviCore reviews for Cigna.

CPT® (Current Procedural Terminology) is a registered trademark of the American Medical Association (AMA). CPT® five-digit codes, nomenclature and other data are copyright 2026 American Medical Association. All Rights Reserved. No fee schedules, basic units, relative values or related listings are included in the CPT book. AMA does not directly or indirectly practice medicine or dispense medical services. AMA assumes no liability for the data contained herein or not contained herein.

© Copyright 2026 EviCore healthcare

# Table of Contents

Guideline	Page
<b>Definitions.....</b>	<b>3</b>
<b>General Guidelines.....</b>	<b>5</b>
<b>Non-Indications.....</b>	<b>7</b>
<b>Codes (CMM-207).....</b>	<b>9</b>
<b>References (CMM-207).....</b>	<b>11</b>

# Definitions

---

Guideline	Page
Definitions.....	4

CMM-207: Epidural Adhesiolysis

## Definitions

**CMM.PN.DF.207****v1.0.2026****Epidural Adhesiolysis  
(also known  
as epidural  
neurolysis, epidural  
decompressive  
neuroplasty, and Racz  
neurolysis)**

a treatment for back pain that involves disruption, reduction, and/or elimination of fibrous tissue from the epidural space, which is carried out by either catheter manipulation or the injection of saline or other adhesiolytic agents. A catheter is used to enter the epidural space through a caudal, interlaminar, or transforaminal approach. The goal is to free the nerve root of adhesions and allow introduction of medications to the affected nerve root. An anesthetic along with a glucocorticosteroid may also be injected as part of the procedure. These procedures may also involve spinal endoscopy to visually address the adhesions.

**CMM-207: Epidural Adhesiolysis**

# General Guidelines

---

Guideline	Page
General Guidelines.....	6

CMM-207: Epidural Adhesiolysis

# General Guidelines

**CMM.PN.GG.207****v1.0.2026**

## Health Equity Considerations

Health equity is the highest level of health for all individuals; health inequity is the avoidable difference in health status or distribution of health resources due to the social conditions in which individuals are born, grow, live, work, and age. Social determinants of health are the conditions in the environment that affect a wide range of health, functioning, and quality of life outcomes and risks. Examples include the following: safe housing, transportation, and neighborhoods; racism, discrimination, and violence; education, job opportunities, and income; access to nutritious foods and physical activity opportunities; access to clean air and water; and language and literacy skills.

# Non-Indications

---

Guideline	Page
Non-Indications.....	8

CMM-207: Epidural Adhesiolysis

# Non-Indications

CMM.PN.NI.207

v1.0.2026

## Experimental, Investigational, or Unproven (EIU)

Epidural adhesiolysis (performed by catheter or endoscopically), as a treatment for back pain, is considered **experimental, investigational, or unproven** based on the lack of conclusive scientific evidence demonstrating clinical efficacy.

# Codes (CMM-207)

---

Guideline	Page
Codes (CMM-207).....	10

CMM-207: Epidural Adhesiolysis

## Codes (CMM-207)

CMM.PN.PC.207

v1.0.2026

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
<b>62263</b>	Percutaneous lysis of epidural adhesions using solution injection (e.g., hypertonic saline, enzyme) or mechanical means (e.g., catheter) including radiologic localization (includes contrast when administered), multiple adhesiolysis sessions; 2 or more days
<b>62264</b>	Percutaneous lysis of epidural adhesions using solution injection (e.g., hypertonic saline, enzyme) or mechanical means (e.g., catheter) including radiologic localization (includes contrast when administered), multiple adhesiolysis sessions; 1 day
<b>62280</b>	Injection/infusion of neurolytic substance (e.g., alcohol, phenol, iced saline solutions), with or without other therapeutic substance; subarachnoid
<b>62281</b>	Injection/infusion of neurolytic substance (e.g., alcohol, phenol, iced saline solutions), with or without other therapeutic substance; epidural, cervical or thoracic
<b>62282</b>	Injection/infusion of neurolytic substance (e.g., alcohol, phenol, iced saline solutions), with or without other therapeutic substance; epidural, lumbar, sacral (caudal)

CMM-207: Epidural Adhesiolysis

# References (CMM-207)

---

Guideline	Page
References (CMM-207).....	12

CMM-207: Epidural Adhesiolysis

# References (CMM-207)

CMM.PN.RF.207

v1.0.2026

1. American Medical Association. *Current Procedural Terminology*. 2025 AMA CPT® Professional Edition. ©2025 American Medical Association: Chicago, IL.
2. Belozer M, Wang G. Epidural adhesiolysis for the treatment of back pain, Health Technology Assessment. *Washington State Department of Labor and Industries*. July 13, 2004.
3. Boswell M, Shah R, Everett C, et al. Interventional techniques: evidence-based practice guidelines in the management of chronic spinal pain. *Pain Physician*. 2007;10:7-111.
4. Boswell M, Shah R, Everett C, et al. Interventional techniques in the management of chronic spinal pain: evidence-based practice guidelines. *Pain Physician*. 2005;8(1):1-47.
5. Brito-García N, García-Pérez L, Kovacs F et al. Efficacy, effectiveness, safety, and cost-effectiveness of epidural adhesiolysis for treating failed back surgery syndrome. a systematic review. *Pain Med*. 2018;20(4):692-706. doi: 10.1093/pm/pny233.
6. Cahana A, Mavrocordatos P, Geurts J, Groen G. Do minimally invasive procedures have a place in the treatment of chronic low back pain? *Expert Rev Neurother*. 2004;4(3):479-490.
7. Choi E, Nahm FS, Lee PB. Evaluation of prognostic predictors of percutaneous adhesiolysis using a Racz catheter for post lumbar surgery syndrome or spinal stenosis. *Pain Physician*. 2013;16:E531-E536.
8. Chopra P, Smith H, Deer T, Bowman R. Role of adhesiolysis in the management of chronic spinal pain: a systematic review of effectiveness and complications. *Pain Physician*. 2005;8(1):87-100.
9. Cohen SP, Bhaskar A, Bhatia A, et al. Consensus practice guidelines on interventions for lumbar facet joint pain from a multispecialty, international working group. *Reg Anesth Pain Med*. 2020;45(6):424-467. doi:10.1136/rapm-2019-101243.
10. Hammer M, Doleys D, Chung O. Transforaminal ventral epidural adhesiolysis. *Pain Physician*. 2001;4:273-279.
11. Heavner J, Racz G, Raj P. Percutaneous epidural neuroplasty: prospective evaluation of 0.9% NaCl versus 10% NaCl with or without hyaluronidase. *Reg Anesth Pain Medicine*. 1999;24(3):202-207.
12. Gerdesmeyer L, Wagenpfeil S, Birkenmaier C, et al. Percutaneous epidural lysis of adhesions in chronic lumbar radicular pain: A randomized double-blind placebo controlled trial. *Pain Physician*. 2013;16:185-196.
13. Helm II S, Benyamin RM, Chopra P, Deer TR, Justiz R. Percutaneous adhesiolysis in the management of chronic low back pain in post lumbar surgery syndrome and spinal stenosis: a systematic review. *Pain Physician*. 2012;15:E435-E462.
14. Helm II S, Benyamin RM, Falco FJE. Refinement in evidence synthesis of percutaneous adhesiolysis. *Pain Physician*. 2013;16:177-184.
15. Helm II S, Hayek SM, Colson J, et al. Spinal endoscopic adhesiolysis in post lumbar surgery syndrome: An update of the assessment of the evidence. *Pain Physician*. 2013;16:SE125-SE150.
16. Igarashi T, Hirabayashi Y, Seo N, et al. Lysis of adhesions and epidural injection of steroid/local anesthetic during epiduroscopy potentially alleviate low back and leg pain in elderly patients with lumbar spine stenosis. *Br J Anaesth*. 2004;93:181-187.
17. Kim SH, Choi WJ, Suh JH, et al. Effects of transforaminal balloon treatment in patients with lumbar foraminal stenosis: A randomized, controlled, double-blind trial. *Pain Physician*. 2013;16:213-224.
18. Koh WU, Choi SS, Park WY, et al. Transforaminal hypertonic saline for the treatment of lumbar lateral canal stenosis: A double-blinded, randomized, active-control trial. *Pain Physician*. 2013;16:197-211.
19. Lewik G, Lewik G, Müller LS, von Glinski A, Schulte TL, Lange T. Postoperative epidural fibrosis: challenges and opportunities - a review. *Spine Surg Relat Res*. 2023;8(2):133-142. Published 2023 Sep 4. doi:10.22603/ssr.2023-0106.
20. Manchikanti L, Abdi S, Atluri S, et al. An update of comprehensive evidence-based guidelines for interventional techniques of chronic spinal pain: part II: guidance and recommendations. *Pain Physician*. 2013;16:S49-S283.
21. Manchikanti L, Bakhit C. Percutaneous lysis of epidural adhesions. *Pain Physician*. 2000;3(1):46-64.
22. Manchikanti L, Boswell M, Rivera J, et al. A randomized, controlled trial of spinal endoscopic adhesiolysis in chronic refractory low back and lower extremity pain. *BMC Anesthesiol*. 2005;5:10.

23. Manchikanti L, Cash KA, McManus CD, Pampati V. Assessment of effectiveness of percutaneous adhesiolysis in managing chronic low back pain secondary to lumbar central spinal canal stenosis. *Int J Med Sci*. 2013;10:50-59.
24. Manchikanti L, Manchikanti KN, Gharibo CG, Kaye AD. Efficacy of percutaneous adhesiolysis in the treatment of lumbar post surgery syndrome. *Anesth Pain Med*. 2016;6(2):e26172. doi:10.5812/aapm.26172v2.
25. Manchikanti L, Pampati V, Fellows B, et al. Role of one day epidural adhesiolysis in management of chronic low back pain: A randomized clinical trial. *Pain Physician*. 2001;4:153-166.
26. Manchikanti L, Pampati V, Rivera J, et al. Effectiveness of percutaneous adhesiolysis and hypertonic saline neurolysis in refractory spinal stenosis. *Pain Physician*. 2001;4:366-373.
27. Manchikanti L, Rivera J, Pampati V, et al. One day lumbar epidural adhesiolysis and hypertonic saline neurolysis in treatment of chronic low back pain: A randomized, double-blind trial. *Pain Physician*. 2004;7:177-186.
28. Manchikanti L, Singh V, Cash KA, Pampati V, Datta S. Assessment of effectiveness of percutaneous adhesiolysis and caudal epidural injections in managing lumbar post surgery syndrome: A 2-year follow-up of randomized, controlled trial. *J Pain Res*. 2012;5:597-608.
29. Trescot A, Chopra P, Abdi S, et al. Systematic review of effectiveness and complications of adhesiolysis in the management of chronic spinal pain: an update. *Pain Physician*. 2007;10(1):129-146.
30. Urits I, Schwartz RH, Brinkman J, et al. An evidence based review of epidurolysis for the management of epidural adhesions. *Psychopharmacol Bull*. 2020;50(4 Suppl 1):74-90.
31. Veihelmann A, Devens C, Trouillier H, et al. Epidural neuroplasty versus physiotherapy to relieve pain in patients with sciatica: a prospective randomized blinded clinical trial. *J Orthop Sci*. 2006;11(4):365-369.