



CLINICAL GUIDELINES

# CMM-204: Prolotherapy

**Effective: August 04, 2026**

VERSION 1.0.2026



EviCore healthcare Clinical Decision Support Tool Diagnostic Strategies: This tool addresses common symptoms and symptom complexes. Imaging 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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# Definitions

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# Definitions

**CMM.PN.DF.204****v1.0.2026****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

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# General Guidelines

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## 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.

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# Non-Indications

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# Non-Indications

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## Experimental, Investigational, or Unproven (EIU)

Prolotherapy performed for the treatment of musculoskeletal pain and/or instability (e.g., laxity, weakness) is considered **experimental, investigational, or unproven** based on the lack of conclusive scientific evidence demonstrating clinical efficacy.

# Codes (CMM-204)

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# Codes (CMM-204)

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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                |

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