



CLINICAL GUIDELINES

# CMM-308: Intradiscal Procedures

**Effective: December 1, 2025**

VERSION 2.0.2025

**EviCore**

By ~~EVERNORTH~~

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

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**Intradiscal Procedures**

minimally invasive surgical procedures with the goal of to treat symptomatic individuals with discogenic pain attributed to annular disruption of contained herniated disc, to seal annular tears or fissures, or to destroy nociceptors for the purpose of relieving pain. These procedure techniques can include any of the following methods:

- The percutaneous placement of an intradiscal probe into the suspected painful disc(s) and through the use of radiofrequency energy or electrothermal energy, produce heat to either coagulate and/or disrupt (shrink) type I collagen within the disc for decompression of the disc material (TIPs)
- The injection of agents into the nucleus pulposus or annulus of the disc to decompress disc material.
- Percutaneous procedures to decompress disc material using indirect/direct visualization.

**Thermal Intradiscal Techniques**

intradiscal procedure techniques that use single or multiple probes/catheters. They further utilize a resistance coil or other delivery system technology, are flexible or rigid, and are placed within the nucleus pulposus, the nuclear-annular junction or within the annulus.

# General Guidelines

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# General Guidelines

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## Intradiscal procedures

- Intradiscal procedures include, but are not limited to, the following:
  - Annulo-nucleoplasty (Disc-FX® procedure)
  - Cervical intradiscal radiofrequency lesioning
  - Coblation percutaneous disc decompression
  - Intradiscal biacuplasty (IDB)/intervertebral disc biacuplasty/cooled radiofrequency
  - Intradiscal electrothermal annuloplasty (IEA)
  - Intradiscal electrothermal therapy (IDET)
  - Intradiscal thermal annuloplasty (IDTA)
  - Nucleoplasty (also known as percutaneous radiofrequency thermomodulation or percutaneous plasma discectomy)
  - Percutaneous (or plasma) disc decompression (PDD)
  - Percutaneous intradiscal radiofrequency thermocoagulation (PIRFT)/intradiscal radiofrequency thermomodulation/percutaneous radiofrequency thermomodulation
  - Radiofrequency annuloplasty (RA)
  - Targeted disc decompression (TDD)
  - Intradiscal injections (not an all-inclusive list) (e.g., methylene blue, hyaluronate, ozone, oxygen/ozone, bone marrow concentrate, chymopapain, mesenchymal stem cells, glucocorticoids, hyaluronidase, growth factors, etc.)

## 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

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## Non-Indications

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- Intradiscal procedures are considered **experimental, investigational, or unproven** based on the lack of conclusive scientific evidence demonstrating clinical efficacy.
  - In addition, there is the potential to expose individuals to serious adverse side effects or complications.

# Codes (CMM-308)

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## Codes (CMM-308)

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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                                                                                                                                                                                                                                                                                                                         |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>22526</b> | Percutaneous intradiscal electrothermal annuloplasty, unilateral or bilateral including fluoroscopic guidance; single level                                                                                                                                                                                                                         |
| <b>22527</b> | Percutaneous intradiscal electrothermal annuloplasty, unilateral or bilateral including fluoroscopic guidance; 1 or more additional levels (list separately in addition to code for primary procedure)                                                                                                                                              |
| <b>62287</b> | Decompression procedure, percutaneous, of nucleus pulposus of intervertebral disc, any method utilizing needle based technique to remove disc material under fluoroscopic imaging or other form of indirect visualization, with discography and/or epidural injection(s) at the treated level(s), when performed, single or multiple levels, lumbar |
| <b>62292</b> | Injection procedure for chemonucleolysis, including discography, intervertebral disc, single or multiple levels, lumbar                                                                                                                                                                                                                             |
| <b>0274T</b> | Percutaneous laminotomy/laminectomy (interlaminar approach) for decompression of neural elements, (with or without ligamentous resection, discectomy, facetectomy and/or foraminotomy), any method, under indirect image guidance (e.g., fluoroscopy, CT), single or multiple levels, unilateral or bilateral; cervical or thoracic                 |
| <b>0275T</b> | Percutaneous laminotomy/laminectomy (interlaminar approach) for decompression of neural elements, (with or without ligamentous resection, discectomy, facetectomy and/or foraminotomy), any method, under indirect image guidance (e.g., fluoroscopy, CT), single or multiple levels, unilateral or bilateral; lumbar                               |

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| Code          | Code Description/Definition                                                                                                                                                                                                                              |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0627T</b>  | Percutaneous injection of allogeneic cellular and/or tissue-based product, intervertebral disc, unilateral or bilateral injection, with fluoroscopic guidance, lumbar; first level                                                                       |
| <b>+0628T</b> | Percutaneous injection of allogeneic cellular and/or tissue-based product, intervertebral disc, unilateral or bilateral injection, with fluoroscopic guidance, lumbar; each additional level (List separately in addition to code for primary procedure) |
| <b>0629T</b>  | Percutaneous injection of allogeneic cellular and/or tissue-based product, intervertebral disc, unilateral or bilateral injection, with CT guidance, lumbar; first level                                                                                 |
| <b>+0630T</b> | Percutaneous injection of allogeneic cellular and/or tissue-based product, intervertebral disc, unilateral or bilateral injection, with CT guidance, lumbar; each additional level (List separately in addition to code for primary procedure)           |
| <b>S2348</b>  | Decompression procedure, percutaneous, of nucleus pulposus of intervertebral disc, using radiofrequency energy, single or multiple levels, lumbar                                                                                                        |

# References (CMM-308)

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# References (CMM-308)

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