

Extracorporeal Shockwave Therapy in Musculoskeletal Indications

Adjudication Guideline

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Medical

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1. Abstract

1.1 For Members

Extracorporeal shock wave therapy (ESWT) is a non-invasive treatment that involves delivery of low- or high-energy shock waves via a device to a specific site within the body. These pressure waves travel through fluid and soft tissue, their effects occur at sites where there is a change in impedance, such as the bone/soft-tissue interface. Low-energy shocks waves are applied in a series of treatments and do not typically cause any pain. High-energy shock wave treatments are generally given in one session and usually require some type of anaesthesia.

ESWT should be used with caution or avoided in patients with diabetes, open growth plates, tumours, osteoporosis, rheumatoid arthritis, infection, a pacemaker, a cardiac stent, and in pregnant patients.

1.2 For Medical Professionals

There are several conservative treatments for handling specific musculoskeletal injuries such as: lateral epicondylitis, plantar fasciitis, calcifying tendinitis of the shoulder, non-refractory trochanteric bursitis, including avoidance of activities with high impact, taping, casting, ice, heel cups or pads, physical therapy, exercise programs, night splints, bracing, non-steroidal anti-inflammatory drugs (NSAIDs), orthoses, shoe modifications, and steroid injections. If the mentioned above conservative treatments failed after six months, Extracorporeal Shockwave therapy (ESWT) is considered.

2. Scope

This adjudication rule specifies the coverage details for medically necessary indications of Extra-corporal shockwave therapy in musculoskeletal indications as per the policy terms and conditions of each health insurance plan administered by Daman.

3. Adjudication Policy

3.1 Eligibility / Coverage Criteria

Daman covers Extracorporeal shockwave therapy (ESWT) for the below listed musculoskeletal indications, when pain persists for 6 months, and conservative treatments fail to achieve improvement:

- Lateral epicondylitis.
- Calcaneal spur/Plantar fasciitis.
- Calcifying tendinitis of the shoulder.
- Non-refractory Trochanteric bursitis (hip).

While the total number of recommended treatment sessions may vary, international best practice recommends performing 3–5 sessions of ESWT in chronic musculoskeletal conditions, with 1–2 weeks interval between sessions.

For continued coverage, provider must document the at least a 1 point (15%) reduction from baseline decrease on the Numeric Pain Rating Scale

Approval is limited to 6 sessions per policy per member

Eligible clinician speciality
Orthopaedic
Rheumatologist
Physical Medicine and Rehabilitation
Sports medicine

3.2 Requirements for Coverage

ICD and CPT codes must be coded to the highest level of specificity.

3.3 Non-Coverage

- Daman does not cover extracorporeal shock wave therapy (ESWT) for Off-Label indications.
- Daman does not cover extracorporeal shock wave therapy (ESWT) if documentation failed to prove that patient, meeting the diagnosis criteria, has been for six months on conservative therapy which were unsuccessfully completed.

3.4 Payment and Coding Rules

Please apply regulatory payment rules and regulations and relevant coding manuals for ICD, CPT, etc.

4. Denial Codes

Code	Code Description
MNEC-004	Service is not clinically indicated based on good clinical practice, without additional supporting diagnoses/activities
MNEC-003	Service is not clinically indicated based on good clinical practice
CODE-010	Activity/diagnosis inconsistent with clinician specialty

5. Appendices

5.1 References

- <https://www.nice.org.uk/guidance/ipg312>
- <https://www.nice.org.uk/guidance/ipg313>
- <https://www.nice.org.uk/guidance/ipg311>
- <https://www.sciencedirect.com/topics/medicine-and-dentistry/numeric-rating-scale>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4674007/>
- <http://bestpractice.bmj.com/bestpractice/monograph/487/basics/definition.html>
- https://www.uptodate.com/contents/rotator-cuff-tendinopathy?search=rotator%20cuff%20tendinopathy&source=search_result&selectedTitle=1%7E45&usage_type=default&display_rank=1

5.2 Revision History

Date	Change(s)
01/03/2017	V1.0 <ul style="list-style-type: none"> • New Adjudication Rule Release
15/10/2020	V1.1 <ul style="list-style-type: none"> • Eligible clinician speciality
28/02/2025	V2.0 <ul style="list-style-type: none"> • New Template
16/06/2026	V3.0 <ul style="list-style-type: none"> • Eligibility Section Updated • Addition of Pain Improvement and session criteria • References Updated

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