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Developed By: Medical Criteria Committee	

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Approved: Csaba Mera, MD Date: 01/22/09

**Description:**

Extracorporeal shock wave therapy (ESWT), also known as orthotripsy, has been available since the early 1980's for the treatment of renal stones. More recently, ESWT has been investigated as a non-invasive treatment of musculoskeletal conditions, such as plantar fasciitis. Shock waves are delivered to the affected area with the goal of reducing pain and promoting healing of the affected soft tissue.

**Criteria:**

ESWT is considered investigational for **all** musculoskeletal conditions including, but not limited to:

- a. Plantar fasciitis
- b. Epicondylitis
- c. Tendinopathies

This technology is considered investigational by ODS, as it is not identified as widely used and generally accepted for the proposed use as reported in peer-reviewed medical literature.

**Information to be Submitted with Pre-Authorization Request:**

None. ODS considers this treatment experimental/investigational.

**References:**

- U.S. Food and Drug Administration, Medical Device Approvals, OssaTron, October 12, 2000.
- Buchbinder R, Ptasznik R, Gordon J, et al. Ultrasound-guided extracorporeal shock wave therapy for plantar fasciitis: a randomized controlled trial. JAMA. 2002;288(11):1364-1372.
- Rompe J, Decking J, Schoellner C, Nafe B. Shock wave application for chronic plantar fasciitis in running athletes: a prospective, randomized, placebo-controlled trial. American Journal of Sports Medicine. 2003;31:268-275.
- Shock wave therapy same as placebo for heel pain relief. Hayes Alert. Vol V, No.10. October 2002.
- Ho C. Extracorporeal shock wave treatment for chronic plantar fasciitis (heel pain). Issues Emerg Health Technol. 2007 Jan;(96(part 1)):1-4.
- Ho C. Extracorporeal shock wave treatment for chronic lateral epicondylitis (tennis elbow). Issues Emerg Health Technol. 2007 Jan;(96(part 2)):1-4.
- Physician Advisors