

Origination Date: 9/01	Revision Date(s): 9/03, 12/04, 12/05, 12/06, 12/07, 1/09, 2/11, 5/11
Developed By: Medical Criteria Committee	

Robert Mills MD MBA

Approved: Robert Mills, MD **Date:** 05/26/11

Description:

Intradiscal electrothermal therapy (IDET) is a minimally invasive surgical procedure that uses a catheter and flexible electrode to apply heat directly to intervertebral discs to treat lower back pain caused by internal disc disruption. Application of heat in this manner has been shown to cause coagulation of the disc nucleus and annular wall tissues. The goal is shrinkage of the disc material and destruction of the annular nerve receptors with the desired result of decreasing nerve root compression and pain from the offending degenerative discs. It is usually performed as an outpatient procedure under local anesthetic.

Policy Guidelines:

ODS does not cover intradiscal electrothermal therapy (IDET) because it is considered experimental, investigational, or unproven.

Information to be Submitted with Pre-Authorization Request: None

Applicable CPT/HCPC:

NOTE: this list may not be all inclusive

CPT Codes	Description
22526	Percutaneous intradiscal electrothermal annuloplasty, unilateral or bilateral, including fluoroscopic guidance, single level
22527	Percutaneous intradiscal electrothermal annuloplasty, unilateral or bilateral, including fluoroscopic guidance, one or more additional levels (list separately in addition to code for primary procedure.)
62287	Decompression procedure, percutaneous, of nucleus pulposus of intervertebral disc, any method, single or multiple levels, lumbar (e.g., manual or automated percutaneous discectomy, percutaneous laser discectomy)
0062T	Percutaneous intradiscal annuloplasty, any method except electrothermal, unilateral or bilateral including fluoroscopic guidance; single level
0063T	Percutaneous intradiscal annuloplasty, any method except electrothermal, unilateral or bilateral including fluoroscopic guidance; 1 or more additional levels (List separately in addition to 0062T for primary procedure)
S2348	Decompression procedure, percutaneous, of nucleus pulposus of intervertebral disc, using radiofrequency energy, single or multiple levels, lumbar

ICD-9 CM Diagnosis Codes	Description
--------------------------	-------------

Origination Date: 9/01	Revision Date(s): 9/03, 12/04, 12/05, 12/06, 12/07, 1/09, 2/11, 5/11
Developed By: Medical Criteria Committee	

722.10	Displacement of lumbar intervertebral disc without myelopathy
722.52	Degeneration of lumbar or lumbosacral intervertebral disc

References:

- Andersson GB, Mekhail NA, Block JE. Treatment of intractable discogenic low back pain. A systematic review of spinal fusion and intradiscal electrothermal therapy (IDET). Pain Physician. 2006 Jul;9(3):237-48.
- Annuloplasty. M Karasek, N Bogduk, R Derby, pending publication 2001.
- Appleby D, Andersson G, Totta M. Meta-analysis of the efficacy and safety of intradiscal electrothermal therapy (IDET). Pain Med. 2006 Jul-Aug;7(4):308-16.
- Barna S, Thiagarajah A, Santiago-Palma J, et al. Intradiscal electrothermal therapy. Emedicine. February 27, 2007. Available at URL address Accessed on February 14, 2011 at: <http://emedicine.medscape.com/article/1145641-print>. Accessed on January 12, 2009.
- Boswell MV, Trescot AM, Datta S, Schultz DM, Hansen HC, Abdi S, et al. Interventional techniques: evidence-based practice guidelines in the management of chronic spinal pain. Pain Physician. 2007 Jan;10(1):7-111.
- Centre for Reviews and Dissemination (CRD). Systematic review of the effectiveness of thermal annular procedures in treating discogenic low back pain. Database of Abstracts of Reviews of Effects (DARE). Accession No. 12009104465. York, UK: University of York; June 16, 2010.
- Freeman BJC. IDET: a critical appraisal of the evidence. Eur Spine J. 2006 Aug;15 (Supplement 15):448-457. Epub 2006 Jul 26.
- Gibson JNA, Waddell G. Cochrane Database of Systematic Reviews. Surgery for degenerative lumbar spondylosis. The Cochrane Collaboration; Vol 4; 2006.
- Hayes Technologies April 2001
- Helm S, Hayek SM, Benyamin RM, Manchikanti L. Systematic review of the effectiveness of thermal annular procedures in treating discogenic low back pain. Pain Physician. 2009;12(1):207-232.
- International Spinal Injection Society Practice Guidelines and Protocols Intradiscal Electrothermal
- Karasek M, Bogduk N. Two-year follow-up of a controlled trial of intradiscal electrothermal anuloplasty for chronic low back pain resulting from internal disc disruption. The Spine Journal, Sep-Oct 2002; Vol 2(5):343-350.
- Lee M, Cooper G, Lutz G, et al. Intradiscal electrothermal therapy (IDET) for treatment of chronic lumbar discogenic pain: a minimum 2-year clinical outcome study. Pain Physician. Oct 2003, 443-448.
- Levin JH. Prospective, double-blind, randomized placebo-controlled trials in interventional spine: what the highest quality literature tells us. Spine J. 2009 Aug;9(8):690-703. Epub 2008 Sep 11. nucleoplasty. Neurosurgery Focus 13(2) Article 7, 2002.
- Pauza K, Howell S, Dreyfuss P, et al. A randomized, placebo-controlled trial of intradiscal electrothermal therapy for the treatment of discogenic low back pain. The Spine Journal, Jan-Feb 2004, Vol 4(1):27-35.
- Saal JA, Saal JS. Intradiscal Electrothermal Treatment for Chronic Discogenic Low Back Pain. SPINE Vol 25, No. 20, October 2000
- Urrutia G, Kovacs F, Nishishinya MB, Olabe J. Percutaneous thermocoagulation intradiscal techniques for discogenic low back pain. Spine. 2007 May 1;32(10):1146-54.
- Welch W, Gerszten P Alternative strategies for lumbar discectomy: intradiscal electrothermy and
- Physician Advisors