

Viscosupplementation

Preauthorization Documentation Requirements

History: **ALL** listed below must be included

Must document all conservative treatment including what, how long and results

- 1) Medications – specific name, length of time used and results
- 2) Prior cortisone injections – when and results
- 3) Formal physical therapy or **Supervised/Physician Directed** home exercise program - when and results
- 4) How ADLs are affected

Diagnostic Testing:

- 1) X-ray, MRI, CT **OR** Ultrasound within one year stating moderate to severe DJD

Repeat Viscosupplementation

- 1) Must be six months and one day from last visco injection
- 2) Must document percentage of decrease in pain and use of pain medication
- 3) Must document percentage increase in ADLs or specific ADL, i.e. can walk further distances, etc.