

## Temporomandibular Joint (TMJ) Non-Surgical Treatment

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Developed By: Medical Necessity Criteria Committee

### I. Description

Temporomandibular joint (TMJ) dysfunction is the term used to describe various functional and structural disorders of the temporomandibular joints and muscles. These disorders are often the result of trauma, developmental anomalies, disc dysfunction, neuromuscular disorder, condylar displacement, stress, malocclusion, arthritis or ankylosis.

Symptoms attributed to TMJ include but are not limited to pain in the temporomandibular joint or masticatory muscles, painful clicking or popping sounds in the jaw, restricted movement or locking of the jaw, muscles spasms, earache, and tinnitus.

### II. Criteria: CWQI HCS-0066

**Treatment of temporomandibular joint (TMJ) dysfunction may be a limited or excluded benefit under some Moda Health medical plans. Refer to the applicable plan benefit wording to determine benefit availability and the terms and conditions of coverage.**

- A. Treatment of TMJ will be covered to plan limitations when **1 or more** of the following criteria are met: *(Please refer to CWQI Guidelines for Surgical Treatment)*
- a. **Non-surgical treatment with a custom intra-oral prosthetic devices/splints** will be covered with **ALL** of the following:
    - i. At least **2 or more** of the following symptoms are present:
      1. Extra-articular pain related to muscles of the head and neck region, or earaches, headaches, masticatory or cervical myalgias
      2. Painful chewing
      3. Restricted range of motion
      4. Popping in the jaw
      5. Diagnosis confirmed by Dental/Periodontal/Maxillofacial Imaging *(See Member Dental Handbook for Benefits)*
    - ii. Failure to respond to total of 6 weeks of conservative treatment with at least **3 or more** of the following:

- a. Removal of precipitating activities, analgesics, NSAID's, soft diet and proper chewing techniques
  - b. Failure to respond to a course of physical therapy
  - c. Use of TENS unit when performed by PT or a dentist
  - d. Ultrasound
  - e. Hot/Cold packs
  - f. Acupuncture (*check Member Handbook for benefits*)
  - g. Trigger point injections
- b. The following TMJ treatments will **NOT** be covered. This includes but is not limited to **ALL** of the following:
- i. Bite (occlusal) adjustment/equilibration
  - ii. Crowns, bridges, amalgams, etc. to restore tooth alignment or to balance the bite
  - iii. Orthodontia
  - iv. Appliances strictly for the treatment of bruxism (*grinding of the teeth*)
  - v. Botox injections
  - vi. Continuous passive motion (CPM)
  - vii. Intra-oral appliances for the treatment of headaches or trigeminal neuralgia are considered experimental and investigational, as there is insufficient data on the effectiveness of this therapy
  - viii. Chiropractic adjustment treatments
  - ix. Use of TENS units (*unless performed by PT or a dentist*)
  - x. EMG as it is considered investigational since medical necessity has not been established
- c. **Orthognathic Surgery** – this is typically a plan exclusion. (*Refer to Member Handbook for specific benefits*)

### III. Information Submitted with the Prior Authorization Request (if available):

1. Clinical records from the treating physician/dentist documenting TMJ symptoms
2. Radiographic study results
3. Previous treatment tried
4. Range of motion measurements

### IV. CPT or HCPC codes covered: *These codes may not be all inclusive*

Codes	Description
21085	Oral Surgical Splint
21089	Unlisted maxillofacial prosthetic procedure
20552	Injection(s); single or multiple trigger point(s), 1 or 2 muscle(s)
20553	Injection(s); single or multiple trigger point(s), 3 or more muscle(s)
20605	Arthrocentesis, aspiration and/or injection; intermediate joint or bursa (e.g., temporomandibular, acromioclavicular, wrist, elbow, or ankle, olecranon bursa)
70336	Magnetic resonance (e.g. proton) imaging, temporomandibular joint(s)
70486	Computed tomography, maxillofacial area; without contrast material

70488	Computed tomography, maxillofacial area; without contrast material, followed by contrast material(s) and further sections
97810	Acupuncture, 1 or more needles; without electrical stimulation, initial 15 minutes of personal one-on-one contact with the patient

## V. CPT or HCPC codes NOT covered:

Codes	Description
98943	Chiropractic manipulative treatment (CMT); extraspinal, 1 or more regions

## VI. Annual Review History

Review Date	Revisions	Effective Date
05/2013	Annual Review: Added table with review date, revisions, and effective date.	05/2013
12/2014	Annual Review: Formatting changes to I. A	12/03/2014
12/2015	Annual Review: Added ICD-10 codes	12/02/2015
05/2016	Annual Review: Removed surgical criteria- reference CWQI criteria	05/26/2016
06/2018	Annual Review: align with eviCore criteria	6/27/2018
06/2019	Annual Review: No changes	07/01/2019
06/2020	Annual Review: No content changes	07/01/2020
06/2021	Annual Review: No content change	07/01/2021

## VII. References

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## Appendix 1 – Applicable Diagnosis Codes:

Codes	Description
M26.60	Temporomandibular joint disorder, unspecified
M26.61	Adhesions and ankylosis of temporomandibular joint
M26.62	Arthralgia of temporomandibular joint
M26.63	Articular disc disorder of temporomandibular joint
M26.69	Other specified disorders of temporomandibular joint

## Appendix 2 – Centers for Medicare and Medicaid Services (CMS)

Medicare coverage for outpatient (Part B) drugs is outlined in the Medicare Benefit Policy Manual (Pub. 100-2), Chapter 15, §50 Drugs and Biologicals. In addition, National Coverage Determination (NCD) and Local Coverage Determinations (LCDs) may exist and compliance with these policies is required where applicable. They can be found at: <http://www.cms.gov/medicare-coverage-database/search/advanced-search.aspx>. Additional indications may be covered at the discretion of the health plan.

### Medicare Part B Covered Diagnosis Codes (applicable to existing NCD/LCD)

Jurisdiction(s): 5, 8	NCD/LCD Document (s):
NA	

NCD/LCD Document (s):
NA

Medicare Part B Administrative Contractor (MAC) Jurisdictions		
Jurisdiction	Applicable State/US Territory	Contractor
F (2 & 3)	AK, WA, OR, ID, ND, SD, MT, WY, UT, AZ	Noridian Healthcare Solutions, LLC