



Under What Circumstances Are PRP Injections Approved?

Kimberly A. Ferris, RN CCM
Vice President, Medical Case
Management
FutureComp, A Division of USI
Insurance Services

Under What Circumstances Are PRP Injections Approved?

- State Treatment Guidelines
 - Medical treatment guidelines are evidence based and developed by collaboration with practicing physicians and advisors
 - (MA Treatment Guidelines are silent for PRP)
- Official Disability Guidelines (ODG)
 - Provides evidence-based guidelines for medical treatment which combines evidence-based medical literature (evidence-based medicine) with claims data analytics (data driven medicine)
 - Clinical summaries are up-to-date with medical necessity guidance that includes patient selection criteria and citations to the medical literature
 - ODG is used by claims, case managers, utilization review and health care providers

PRP for Pain

- Per ODG “Not Recommend” (GENERALLY)
- There are several conditions where PRP is not recommended as first-line treatment **but** may be considered as second-line option only when specific criteria are met

PRP for Elbow

- Not recommended as primary first-line treatment for epicondylitis
- PRP may be considered only as second-line treatment for severe chronic (>1 year) lateral epicondylitis, following failure of first-line physical therapy (eccentric stretching and strength), bracing and time

PRP for Knee

- PRP may be considered as second-line treatment option for chronic (>1 year) refractory patellar tendinopathy which has not responded to conservative non-pharmacologic (eg, exercise) and pharmacologic treatments
- PRP may also be considered second-line treatment for option for chronic (>1 year) and persistent refractory knee pain due to early (not moderate to severe) osteoarthritis in patients younger than age 50 who have not responded to conservative non-pharmacologic and pharmacologic treatment including failed aspiration and injection of intra-articular corticosteroid; and can be repeated after 12 months with documentation of significant relief lasting over 6 months

Conditions That Would Require Peer Review per ODG

NOT RECOMMENDED

- Musculoskeletal soft tissue injuries
- Ankle & foot
 - Achilles Tendon, plantar fasciitis, talar osteochondral lesion, total ankle replacement and fusion
- Burns & wounds
 - Burns, acute wounds, venous leg ulcers, chronic non-diabetic wounds
 - Very limited evidence supports PRP only as second-line alternative for refractory diabetic ulcers, as well as an option to enhance adherence of split-thickness skin grafts-gel form 1-2x/week
- Carpal tunnel syndrome
- Chronic pain
- Forearm, wrist, & hand
- Hip & Pelvis
 - Osteoarthritis, tendinopathy, trochanteric pain, fracture, arthroscopy or arthroplasty
 - Low quality reports suggestive potential PRP for hip OA and tendinopathy of hamstring, adductor longus and gluteus medius
- Low back
 - Fusion, low back pain
- Neck & upper back
- Shoulder
 - Rotator cuff repair, impingement surgery, tendinopathy or calcific tendinitis

2022

**Work Related Injuries
Workshop**

Fair Use Policy

Workers Comp Care

The contents of these slides are for educational and informational purposes only. The slides may contain copyrighted material owned by a third party, the use of which has not always been specifically authorized by the copyright owner. Notwithstanding a copyright owner's rights under the Copyright Act, Section 107 of the Copyright Act allows limited use of copyrighted material without requiring permission from the rights holders, for purposes such as education, criticism, comment, news reporting, teaching, scholarship, and research. These so-called "fair uses" are permitted even if the use of the work would otherwise be infringing.