

JRF ORTHO – INSURANCE ASSISTANCE DOCUMENT

Summary of medical criteria for OCAs

Highmark (DE, PA, WV)

Policy Title: Knee surgery – arthroscopic and open procedure

Effective Date: 10/2018

Last Review: 04/2018

Policy #: S-185-013, S-185-014, S-185-007

	Criteria for medical necessity
Medical Evaluation	Arthroscopy or MRI
Cartilage defect size	Larger (i.e., less than or equal to 10cm ²)
Cartilage defect characterization	Large, full-thickness chondral defect of the distal femoral articular surface (i.e., medial condyle, lateral condyle or trochlea), classified by Modified Outerbridge Scale as Grade III or Grade IV
Cause of defect	NR
Lesion (defect) and surrounding cartilage	Chondral defect with sharp definite borders surrounded by normal appearing hyaline cartilage Absence of a corresponding tibial or patella lesion (“kissing lesion”) with a Modified Outerbridge Scale of Grade III and Grade IV
Patient demographic	Not a candidate for total knee arthroplasty Bone Mass Index (BMI) of less than 35 Age 49 years or younger
Patient condition	Severe, disabling pain and loss of knee function which interferes with the ability to carry out age appropriate activities of daily living and/or demands of employment
Prior treatment	Previous arthroscopic or other traditional surgical procedure (i.e., microfracture, drilling, abrasion, osteochondral graft) resulted in an inadequate response Failure of non-surgical management for at least three (3) months in duration
Joint health	Absence of osteoarthritis or generalized chondromalacia, steroid-induced cartilage or bone disease, with normal articular cartilage at the lesion border
Knee stability	Stable knee with intact or reconstructed ligaments (ACL or PCL) Normal joint alignment Normal joint space
Patient compliance	Capable and willing to participate in an extensive period of non-weight bearing and supervised post-operative physical rehabilitation program
OCA for other joints	NR