

JRF ORTHO – INSURANCE ASSISTANCE DOCUMENT

Summary of medical criteria for OCAs

Cigna

Policy Title: Musculoskeletal Knee Surgery: Arthroscopic and Open Procedures

Effective Date: 12/15/2018

Policy #: CMM-312

	Criteria for medical necessity
Medical Evaluation	Cartilage defect identified during arthroscopy, MRI, or CT arthrogram Physical examination assessed joint health and knee stability
Cartilage defect size	Large chondral defects (i.e., $\leq 10.0 \text{ cm}^2$ total)
Cartilage defect characterization	A full-thickness distal femoral articular surface (i.e., medial condyle, lateral condyle or trochlea), and/or patellar chondral and classified by Modified Outerbridge Scale as Grade III or Grade IV
Cause of defect	NR
Lesion (defect) and surrounding cartilage	Sharp, definite borders surrounded by normal appearing hyaline cartilage Minimal to absent osteoarthritic changes in the surrounding articular cartilage (e.g. Kellgren-Lawrence Grade 2 or less) For femoral and patellar chondral lesions, absence of a corresponding 'kissing lesion' with a Modified Outerbridge Scale of Grade III or Grade IV of the distal femur (trochlea, condyles), patella, or tibia
Patient demographic	Individual is not a candidate for total knee arthroplasty Body Mass Index (BMI) of less than 35 Age 49 years or younger
Patient condition	Function-limiting pain and a 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	Failure of non-surgical management for at least three (3) months in duration
Joint health	Normal joint space Absence of osteoarthritis or generalized tibial chondromalacia, steroid-induced cartilage or bone disease, with normal articular cartilage at the lesion border
Knee stability	Presence of BOTH on physical examination: Stable knee with intact or reconstructed ligaments (ACL or PCL) Normal tibial-femoral and/or patella-femoral alignment
Patient compliance	Individual must be capable and willing to participate in an extensive period of non-weight bearing and supervised post-operative physical rehabilitation program.
OCA for other joints	Osteochondral allografting of all other joints is considered investigational