



**MONOCHROMATIC PHOTOTHERAPY (ANODYNE
THERAPY/MIRE THERAPY/ LOW LEVEL LIGHT THERAPY)**

Effective Date: June 18, 2008

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6/10

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Status: Current

I. DESCRIPTION

The Anodyne Therapy System is a type of low-level infrared therapy (or monochromatic phototherapy), developed by Integrated Systems Physiology Inc. of Aurora, CO, that has been promoted for augmenting wound healing, for reversing the symptoms of peripheral neuropathy in people with diabetes, and for treating lymphedema. The manufacturer states that the Anodyne Therapy System increases circulation and reduces pain by increasing the release of nitric oxide.

Several meta-analyses have examined the evidence supporting the use of low-level (cold) lasers, including low-level infrared lasers, for treatment of chronic non-healing wounds. These meta-analyses are unanimous in concluding that there is insufficient evidence to support low-level laser in the treatment of chronic venous ulcers or other chronic non-healing wounds.

There is no evidence that infrared light therapy or low level light therapy is any more effective than other heat modalities in the symptomatic relief of musculoskeletal pain. There are no published studies of the effectiveness of low-level infrared therapy for treatment of diabetic peripheral neuropathy.

There is no evidence in the published peer-reviewed medical literature on the effectiveness of infrared therapy for the treatment of lymphedema.

Definitive patient selection criteria have not been established for treatment of diabetic neuropathy with monochromatic phototherapy and there is insufficient evidence to conclude that monochromatic phototherapy reduces the severity of diabetic neuropathy. The only available study using this technology for treatment of patients with diabetic neuropathy was uncontrolled, and therefore, although improvements in sensation were reported after treatment, the contribution of phototherapy to these positive outcomes cannot be determined.

II. POLICY/CRITERIA

- A. **Anodyne Therapy** (skin contact monochromatic infrared energy) or other types of low level light therapy **is not a covered benefit** because it is considered investigational as a treatment technique for any indication,



including but not limited to cutaneous ulcers, diabetic neuropathy, peripheral neuropathy, soft tissue pain and musculoskeletal conditions, such as temporomandibular disorders, tendonitis, capsulitis, knee pain and myofascial pain.

III. MEDICAL NECESSITY REVIEW

Required

Not Required

Not Applicable

IV. APPLICATION TO PRODUCTS

Coverage is subject to member’s specific benefits. Group specific policy will supersede this policy when applicable.

- ❖ **HMO/EPO:** *This policy applies to insured HMO/EPO plans.*
- ❖ **POS:** *This policy applies to insured POS plans.*
- ❖ **PPO:** *This policy applies to insured PPO plans.*
- ❖ **ASO:** *For self-funded plans, consult individual plan documents. If there is a conflict between this policy and a self-funded plan document, the provisions of the plan document will govern.*
- ❖ **INDIVIDUAL:** *For individual policies, consult the individual insurance policy. If there is a conflict between this medical policy and the individual insurance policy document, the provisions of the individual insurance policy will govern.*
- ❖ **MEDICARE:** *Coverage is determined by the Centers for Medicare and Medicaid Services (CMS).*
- ❖ **MEDICAID:** *For Medicaid members, this policy will apply.*
- ❖ **MICHILD:** *For MICHILD members, this policy will apply unless MICHILD certificate of coverage limits or extends coverage.*

V. CODING INFORMATION

ICD9 Diagnosis:

None

CPT/HCPCS Codes:

Not Covered

97026 Application of a modality to one or more areas; infrared

A4639 Replacement pad for infrared heating pad system, each

E0221 Infrared heating pad system

S8948 Application of a modality (requiring constant provider attendance) to one or more areas; low-level laser; each 15 minutes



VI. REFERENCES

- “Infrared Therapy”, Aetna Clinical Policy Bulletins. Available on the World Wide Web @ <http://www.aetna.com/cpb/data/CPBA0604.html> (Retrieved August 13, 2004 and June 22, 2006).
- “Monochromatic Phototherapy for Diabetic Neuropathy” Technology Assessment Brief, HAYES Alert, February 2003.
- “Pulsed Monochromatic Light Therapy for Wound Healing” HAYES, Inc. April 2002, Updated Search April 2004 and directory report April 2005.
- “Skin Contact Monochromatic Infrared Energy as a Technique to Treat Cutaneous Ulcers, Diabetic Neuropathy, and Miscellaneous Musculoskeletal Conditions”, The Regence Group Medical Policy. Available on the World Wide Web @ <http://www.regence.com/trgmedpol/dme/dme63.html> (Retrieved August 13, 2004 and June 22, 2006).
- Boulton, A., et. al., “Neuropathic Diabetic Foot Ulcers”, New England Journal of Medicine, 351; 1, July 1, 2004. pp. 48-55.
- “Low Level Light Therapy for Joint Pain” HAYES, Inc. Published: March 12, 2008
- “Low Level Light Therapy for Peripheral Neuropathy” HAYES, Inc. Published: April 13, 2008
- “Low Level Light Therapy for Soft Tissue Pain” HAYES, Inc. Published: April 28, 2008

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