

Interspinous Process Decompression to Treat Spinal Stenosis (X-STOP®)

Administrative Process

Interspinous process decompression (X-STOP®) is not covered. Requests for exception to the policy require prior approval.

Definitions

“**X STOP®** is an FDA approved nonfusion surgical implant for use in treating lumbar spinal stenosis. Lumbar spinal stenosis can cause pain and may limit physical function. X STOP® is a titanium alloy device implanted between the spinous processes to relieve symptoms from low back spinal stenosis. The spinous processes are small stubby finger-like bones that slightly protrude off the back of each vertebral body.

X STOP® Procedure - The X STOP® device is used in a procedure called the X STOP® Interspinous Process Decompression System (IPD®). IPD® is a surgical procedure. During the procedure, the X STOP® device is implanted between the spinous processes using fluoroscopic guidance (a type of x-ray). The X STOP® device may be implanted at one or two levels of the lumbar spine.

The procedure is performed under local anesthesia with the patient positioned on their side. The surgery takes between 45 minutes to an hour-and-a-half.”³

Coverage

Interspinous process decompression (X-STOP®) is considered experimental and investigational and not covered because there is not published peer reviewed scientific evidence to prove its effectiveness.

Codes:

- 0171T** - Insertion of posterior spinous process distraction device (including necessary removal of bone or ligament for insertion and imaging guidance), lumbar; single level
- 0172T** - Insertion of posterior spinous process distraction device (including necessary removal of bone or ligament for insertion and imaging guidance), lumbar; each additional level (List separately in addition to code for primary procedure)

Products

Consult your plan documents (Membership Contract, Summary Plan Description [SPD], Evidence of coverage [EOC] or similar plan document) to determine governing contractual provisions, including exclusions and limitations relating to your specific plan. These guidelines apply to most, but not all, plans offered by HealthPartners. We strive to ensure that the contents of this site are correct and complete, but to verify your benefits, please check your plan documents, or contact Member Services. In the event of a conflict between your specific plan documents and this general information, the plan documents will govern. These coverage criteria may not apply to Medicare Products if Medicare requires different coverage. For more information regarding Medicare coverage criteria or for a copy of a Medicare coverage policy contact Member Services at 952-883-7979 or 800-233-9645.

Number X002-01; Approved Medical Director Committee 4/2/09.

Bibliography:

1. ECRI Target Report - Interspinous Process Decompression to Treat Spinal Stenosis, March 2009
2. Hayes Brief. X Stop Interspinous Process Decompression System (Kphon Inc.) for Lumbar Spinal Stenosis. , Nov 2007, Update Nov 2008.
3. Spinasant, Susan. “X-Stop: What is it?” Spine Universe - <http://www.spineuniverse.com/displayarticle.php/article670.html>
4. Medtronic Website – Lumbar Spinal Stenosis - <http://www.medtronic.com/your-health/lumbar-spinal-stenosis/device/benefits-risks/>