

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

These services may or may not be covered by all HealthPartners plans. Please see your plan documents for your own coverage information. If there is a difference between this general information and your plan documents, your plan documents will be used to determine your coverage.

Administrative Process

This procedure is not covered for some indications and does not require prior approval. Please see the Coverage section in the [Investigational Services policy](#) for additional payment liability information for those indications for which this procedure is not covered.

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.

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

Codes (list may not be all inclusive)

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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

This information is for most, but not all, HealthPartners plans. Please read your plan documents to see if your plan has limits or will not cover some items. If there is a difference between this general information and your plan documents, your plan documents will be used to determine your coverage. This information is not the same for Medicare. If you have questions or would like help, please call Member Services at 952-883-7979 or 1-800-233-9645.

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