Coverage will be allowed for Endoscopic Release of Plantar Fascia with or without removal of bone spur.

Endoscopic Plantar Fascia Release is a surgical procedure, in which a small incision is made on the medial side of the foot (closest to the inner portion of the foot) in a non-weight-bearing area and an endoscope is introduced to view the plantar fascia. The plantar fascia is released and any bone spur removed.

Pain on the bottom of the heel can be a symptom of plantar fasciitis, which is inflammation of the plantar fascia. Most patients with a painful heel will respond to conservative, nonoperative treatment, uniformly recommended as the initial treatment choice.

Nonoperative treatment protocol consists of one or more of the following:

- salicylates, analgesics,
- nonsteroidal anti-inflammatory medications,
- relative rest,
- heel cushions, lifts, or cups,
- orthotic devices,
- Achilles tendon stretching exercises,
- night splints, or
- injections, when necessary.

Rationale:

None

Disclaimer:

State and federal law, as well as contract language, including definitions and specific inclusions/exclusions, takes precedence over Medical Policy and must be considered first in determining coverage. The member’s contract benefits in effect on the date that services are rendered must be used. Any benefits are subject to the payment of premiums for the date on which services are rendered. Medical technology is constantly evolving, and we reserve the right to review and update Medical Policy periodically.

HMO Blue Texas physicians who are contracted/affiliated with a capitated IPA/medical group must contact the IPA/medical group for information regarding HMO claims/reimbursement information and other general polices and procedures.