

# State Health Plan MA Temporomandibular Joint Dysfunction Treatment



**Blue Cross  
Blue Shield**  
of Michigan

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## Applies to:

Medicare Plus Blue PPO<sup>SM</sup>  Medicare Plus Blue Group PPO<sup>SM</sup>  Both

## Temporomandibular Joint Dysfunction Treatment

TMJ dysfunction, also called TMJ disorder, is a condition of the jaw joint and related structures in which the ball (condyle), socket (fossa) or the cushioning disk (meniscus) of the joint are damaged or misaligned. Over time, the meniscus becomes increasingly compressed and torn, allowing the bony structures of the ball and socket to deteriorate at an accelerated rate due to the grinding wear on the joint and the loss of cushioning effect of the meniscus. This grinding (crepitus) and concurrent pressure on the capsular ligament surrounding the joint may cause head pain and may create difficulty in opening or closing of the mouth. The body attempts to realign the joint using the musculature in the face, jaw and neck. As these muscles become fatigued, additional muscles in the shoulders and back may also be used to alleviate the condition and become fatigued.

Temporomandibular joint dysfunction may be the result of congenital or developmental anomalies; fractures or dislocations resulting from trauma, internal derangement or ankylosis (stiffening or fixation of a joint); arthritic diseases or neoplastic diseases.

Symptoms attributed to TMJ dysfunction are variable and include, but are not limited to:

- Clicking sounds in the jaw.
- Headaches.
- Closing or locking of the jaw due to muscle spasms (trismus).
- Displaced disc; pain in the ears, neck, arms and spine; tinnitus and bruxism (clenching or grinding of the teeth).

## Original Medicare

Original Medicare doesn't cover temporomandibular joint dysfunction treatment.

## Medicare Plus Blue<sup>SM</sup> Group PPO enhanced benefit for State Health Plan MA

Medicare Plus Blue is a Medicare Advantage Plan that provides at least the same level of benefit coverage as Original Medicare (Part A and Part B) and may provide enhanced benefits beyond the scope of Original Medicare within a single health care plan. This flexibility allows Blue Cross to offer enriched plans by using Original Medicare as the base program and adding desired benefit options.

Coverage for TMJ treatment is provided to members under the State of Michigan's Medicare Plus Blue Group PPO plan. Because Original Medicare doesn't cover this service, the scope of benefit, reimbursement methodology, maximum payment amounts and the member's cost sharing are determined by the group.

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The following services are covered to treat TMJ:

- Surgery directly related to the temporomandibular joint (jaw joint) and related anesthesia services
- Arthrocentesis performed for the treatment of temporomandibular joint (jaw joint) dysfunction
- Diagnostic X-rays (including MRIs)
- Trigger point injections
- Physical therapy (See physical therapy services.)
- Reversible appliance therapy (mandibular orthotic repositioning device, such as a bite splint)

### **Policy guidelines and medical conditions**

- Temporomandibular joint disorders, unspecified
- Arthralgia
- Other specified temporomandibular joint disorders
- Other dentofacial anomalies
- Congenital anomaly (includes condylar hypoplasia or hyperplasia)
- Jaw disease
- Displacement, intervertebral disc code range
- Injury, jaw

### **Benefit exclusions**

The following diagnostic procedures are not covered in the diagnosis of TMJ dysfunction:

- Electromyography, including surface EMG
- Kinesiography
- Thermography
- Neuromuscular junction testing
- Somatosensory testing
- Transcranial or lateral skull X-rays
- Sonogram (ultrasonic Doppler auscultation)
- Intra-oral tracing or gothic arch tracing (intended to demonstrate deviations in the positioning of the jaws that are associated with TMJ dysfunction)
- Muscle testing
- Standard dental radiographic procedures
- Range of motion measurements
- Computerized mandibular scan (this measures and records muscle activity related to movement and positioning of the mandible and is intended to detect deviations in occlusion and muscle spasms related to TMJ dysfunction)

The following nonsurgical treatments are not covered in the treatment of TMJ dysfunction:

- Electrogalvanic stimulation
- Iontophoresis
- Biofeedback

## Conditions for payment

The table below specifies payment conditions for temporomandibular joint dysfunction treatment.

Conditions for payment	
Eligible provider	Licensed physician (M.D. or D.O.) or supervised by a licensed physician (M.D. or D.O.)
Payable location	Office
Frequency	None
CPT/HCPCS codes	*20605, *21010, *21050, *21060, *21070, *21116, *21240, *21242, *21243, *21480, *21490, *29800, *29804, *70328, *70330, *70332, *70336, *70350, *70355
Diagnosis restrictions	<b>Temporomandibular joint disorders, unspecified</b> M2660 <b>Arthralgia</b> M2662 - Arthralgia of temporomandibular joint M26621 - Arthralgia of right temporomandibular joint M26622 - Arthralgia of left temporomandibular joint M26623 - Arthralgia of bilateral temporomandibular joint M26629 - Arthralgia of temporomandibular joint, unspecified side <b>Other specified temporomandibular joint disorders</b> M2669 <b>Other dentofacial anomalies</b> M2689 M269 <b>Congenital anomaly (includes condylar hypoplasia/hyperplasia)</b> Q899 <b>Jaw disease</b> M278 M279 <b>Displacement, intervertebral disc code range</b> M519 <b>Injury, jaw</b> S0993XA T148 T1490
Age restrictions	None

## Member cost sharing

10% coinsurance after deductible.

### Revision history

Policy number: MAPPO

Effective: 01/01/2020

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Revised: