

Knee Arthroscopy and Meniscal Repair

MEDICAL POLICY NUMBER: 434

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**INSTRUCTIONS FOR USE:** Company Medical Policies serve as guidance for the administration of plan benefits. Medical policies do not constitute medical advice nor a guarantee of coverage. Company Medical Policies are reviewed annually and are based upon published, peer-reviewed scientific evidence and evidence-based clinical practice guidelines that are available as of the last policy update. The Company reserves the right to determine the application of medical policies and make revisions to medical policies at any time. The scope and availability of all plan benefits are determined in accordance with the applicable coverage agreement. Any conflict or variance between the terms of the coverage agreement and Company Medical Policy will be resolved in favor of the coverage agreement. Coverage decisions are made on the basis of individualized determinations of medical necessity and the experimental or investigational character of the treatment in the individual case. In cases where medical necessity is not established by policy for specific treatment modalities, evidence not previously considered regarding the efficacy of the modality that is presented shall be given consideration to determine if the policy represents current standards of care.

**SCOPE:** Providence Health Plan, Providence Health Assurance and Providence Plan Partners as applicable (referred to individually as “Company” and collectively as “Companies”).

## PLAN PRODUCT AND BENEFIT APPLICATION

☒ Commercial

☒ Medicaid/OHP\*

☐ Medicare\*\*

### \*Medicaid/OHP Members

*Oregon:* Services requested for Oregon Health Plan (OHP) members follow the OHP Prioritized List and Oregon Administrative Rules (OARs) as the primary resource for coverage determinations. Medical policy criteria below may be applied when there are no criteria available in the OARs and the OHP Prioritized List.

### \*\*Medicare Members

This Company policy may be applied to Medicare Plan members only when directed by a separate Medicare policy. Note that investigational services are considered “**not medically necessary**” for Medicare members.

## COVERAGE CRITERIA

### Notes:

- This policy does not address all knee arthroscopy services. It is limited to the procedures listed in the “[Code](#)” table below. Unless addressed in a separate medical policy (see below), arthroscopic knee procedures **not** addressed in this medical policy may be considered medically necessary.
- This policy does not address the following procedures, which are addressed in the following medical policies:
  - [Autologous Chondrocyte Implantation \(ACI\) for Cartilaginous Defects of the Knee](#)
  - [Meniscal Allograft Transplant and Other Meniscal Implants](#)
  - [Osteochondral Allograft and Autografts for Cartilaginous Defects of the Knee](#)
- This policy is primarily based on the 2025 InterQual® evidence-based procedure guideline criteria: *Arthroscopy Surgical Knee, Arthroscopy Surgical Knee Pediatric, Arthroscopically Assisted Surgery Knee, and Arthroscopically Assisted Surgery Knee Pediatric*.
- Criteria are applicable to both adults (aged 18 years and older) and adolescents (under 18 years) except where specifically stated.

### Table of Contents:

- This policy addresses services that may be addressed with the following procedures:
  - [Knee Arthroscopy or Arthroscopically Assisted Knee Surgery:](#)
    - Microfracture or drilling or abrasion arthroplasty
    - Lavage of joint with joint aspirate diagnostic
  - [Knee Arthroscopy Only:](#)
    - Resection or repair of meniscal tear
    - Synovectomy (limited)

- Synovectomy (major)
- Chondroplasty
- Lateral release
- Removal or stabilization of osteochondritis dissecans (*Adolescents only*)
- Urgent joint exploration post penetrating joint injury
- Removal or stabilization of symptomatic intra-articular osteochondral lesion (*Adults only*)
- Removal of symptomatic intra-articular loose body (*Adolescents only*)
- **Arthroscopically-Assisted Knee Surgery Only:**
  - Resection or repair of meniscal tear
  - Reconstruction of MPFL, ACL, PCL, LCL, MCL, and multi-ligamentous injuries
  - Removal or stabilization of osteochondritis dissecans (*Adolescents only*)
  - Repair of intra-articular loose body
  - Repair of intra-articular tibial fracture

### **Knee Arthroscopy or Arthroscopically Assisted Knee Surgery**

- I. Microfracture or drilling or abrasion arthroplasty may be considered **medically necessary** when all of the following are met (A.-F.):
  - A. Either of the following are met (1.-2.):
    1. Pain interferes with ADLs; **or**
    2. Joint effusion or swelling; **and**
  - B. Grade III or IV articular cartilage defect by MRI or arthroscopy; **and**
  - C. Articular defect < 3 cm<sup>2</sup>; **and**
  - D. Defect located on femoral condyle or trochlea or patella or tibial plateau; **and**
  - E. Normal joint space and alignment on imaging; **and**
  - F. Symptoms or findings continue after treatment of all of the following (1.-3.):
    1. NSAIDs or acetaminophen ≥ 3 weeks; **and**
    2. PT or home exercise ≥ 6 weeks; **and**
    3. Activity modification ≥ 6 weeks.
- II. Lavage of joint with joint aspirate diagnostic for infection may be considered **medically necessary** when there is urgent need for diagnostic evaluation of joint infection.

### **Knee Arthroscopy**

- III. Resection or repair of meniscal tear with knee arthroscopy may be considered medically necessary when either of the following criteria are met (A.-B.):
  - A. No severe osteoarthritis is present and both of the following are met (1.-2.):
    1. Any of the following are met (a.-d.):
      - a. Knee locked by physical examination; **or**
      - b. Knee locking weekly; **or**
      - c. Limited range of motion; **or**
      - d. Daily joint catching; **and**
    2. Either of the following are met (a.-b.):
      - a. Isolated meniscal tear by imaging; **or**

- b. Advanced imaging not feasible due to knee in locked position; **or**
  - B. No severe osteoarthritis is present and all of the following are met (1.-3.):
    - 1. At least **two** of the following are met (a.-e.):
      - a. Joint effusion; **or**
      - b. Joint line tenderness; **or**
      - c. Pain with flexion and rotation; **or**
      - d. Knee giving way by history; **or**
      - e. Snapping or clicking; **and**
    - 2. Isolated meniscal tear by imaging; **and**
    - 3. Symptoms or findings continue after all of the following (a.-c.):
      - a. NSAIDs or acetaminophen  $\geq 3$  weeks; **and**
      - b. PT or home exercise  $\geq 8$  weeks ( $\geq 6$  weeks for adolescents); **and**
      - c. Activity modification  $\geq 8$  weeks ( $\geq 6$  weeks for adolescents).
- IV. Synovectomy (limited) may be considered **medically necessary** when all of the following are met (A.-C.):
  - A. Patient has either of the following (1.-2.):
    - 1. Joint pain; **or**
    - 2. Giving way by history; **and**
  - B. Both of the following are met (1.-2.):
    - 1. Tenderness over suspected plica; **or**
    - 2. Imaging nondiagnostic for etiology of symptoms or findings; **and**
  - C. Instability continues after all of the following (1.-3.)
    - 1. NSAIDs or acetaminophen  $\geq 3$  weeks; **and**
    - 2. PT or home exercise  $\geq 6$  weeks; **and**
    - 3. Activity modifications  $\geq 6$  weeks.
- V. Synovectomy (major) may be considered **medically necessary** when all of the following are met (A.-C.):
  - A. Patient has any of the following (1.-3.):
    - 1. Joint pain; **or**
    - 2. Limited range of motion; **or**
    - 3. Joint effusion or swelling; **and**
  - B. Imaging confirms no or minimal degenerative changes in bone or cartilage; **and**
  - C. Continued symptoms or findings after disease-specific treatment  $\geq 12$  weeks within last year.
- VI. Chondroplasty may be considered **medically necessary** when all of the following are met (A.-C.):
  - A. Patient has either of the following (1.-2.):
    - 1. Joint pain; **or**
    - 2. Giving way by history; **and**
  - B. Patient has any of the following (1.-3.):
    - 1. Limited range of motion; **or**
    - 2. Crepitus; **or**
    - 3. Joint effusion or swelling; **and**
  - C. Imaging confirms no severe degenerative changes in bone or cartilage; **and**

- D. Continued symptoms or findings after all of the following
  - 1. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
  - 2. PT or home exercise  $\geq$  6 weeks; **and**
  - 3. Activity modification  $\geq$  6 weeks.
- VII. Lateral release may be considered **medically necessary** when all of the following are met (A.-C.):
  - A. Either of the following are met (1.-2.):
    - 1. Patellar or peripatellar pain; **or**
    - 2. Retropatellar crepitus; **and**
  - B. Both of the following are met (1.-2.):
    - 1. Excessive or abnormal lateral patellar tilt by physical examination or imaging; **and**
    - 2. No or minimal changes of patellofemoral articular surfaces by imaging; **and**
  - C. Continued symptoms or findings after all of the following (1.-3.):
    - 1. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
    - 2. PT or home exercise  $\geq$  12 weeks; **and**
    - 3. External joint support  $\geq$  12 weeks.
- VIII. For adolescents only, removal or stabilization of osteochondritis dissecans may be considered **medically necessary** when both of the following are met:
  - A. Patient has any of the following (1.-3.):
    - 1. Joint pain; **or**
    - 2. Locking; **or**
    - 3. Giving way by history; **and**
  - B. Either of the following are met (1.-2.):
    - 1. Limited range of motion; **or**
    - 2. Joint effusion or swelling; **and**
  - C. Either of the following are met (1.-2.):
    - 1. Stage III or IV osteochondritis dissecans is confirmed by imaging; **or**
    - 2. Both of the following are met (a.-b.)
      - a. Stage I or II osteochondritis dissecans is confirmed by imaging; **and**
      - b. Symptoms or findings continue after all of the following (i.-iii.)
        - i. NSAIDs or acetaminophen  $\geq$  3 weeks; and
        - ii. PT or home exercise  $\geq$  12 weeks; and
        - iii. Activity modification  $\geq$  12 weeks.
- IX. Urgent joint exploration post penetrating joint injury may be considered **medically necessary**.
- X. For adults only, removal or stabilization of symptomatic intra-articular osteochondral lesion or loose body confirmed by imaging may be considered **medically necessary**.
- XI. For adolescents only, removal of symptomatic intra-articular loose body confirmed by imaging may be considered **medically necessary**.

- XII. Knee arthroscopy procedures are considered **not medically necessary** when criteria I.-XII. above are not met.

### **Arthroscopically-Assisted Knee Surgery**

- XIII. Resection or repair of meniscal tear with arthroscopically assisted knee surgery may be considered **medically necessary** when either of the following are met (A.-B.):
- A. Both of the following are met (1.-2.):
    - 1. Any of the following are met:
      - a. Knee locked by physical examination; **or**
      - b. Knee locking weekly; **or**
      - c. Limited range of motion; **or**
      - d. Daily joint catching; **and**
    - 2. Either of the following are met (a.-b.):
      - a. Isolated meniscal tear by imaging; **or**
      - b. Advanced imaging not feasible due to knee in locked position; **or**
  - B. Both of the following are met (1.-2.):
    - 1. At least **two** of the following are met (a.-e.):
      - a. Joint effusion; **or**
      - b. Joint line tenderness; **or**
      - c. Pain with flexion and rotation; **or**
      - d. Knee giving way by history; **or**
      - e. Snapping or clicking; **and**
    - 2. Either of the following are met (a.-b.):
      - a. Isolated meniscal tear by imaging; **or**
      - b. Anterior cruciate ligament (ACL) tear by imaging.
- XIV. Reconstruction of medial patellofemoral ligament (MPFL) injury may be considered **medically necessary** when all of the following criteria (A.-E.) are met:
- A. Patellar or peripatellar pain; **and**
  - B. Giving way by history; **and**
  - C. No or minimal changes of patellofemoral articular surfaces by imaging; **and**
  - D. Medial patellofemoral ligament (MPFL) tear by imaging; **and**
  - E. Symptoms or findings continue after all of the following:
    - 1. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
    - 2. PT or home exercise  $\geq$  12 weeks; **and**
    - 3. External joint support  $\geq$  12 weeks.
- XV. Reconstruction or repair of anterior cruciate ligament (ACL) injury may be considered **medically necessary** when either of the following criteria (A-B) are met:
- A. Grade II or III instability of ACL by physical examination; **or**
  - B. ACL tear by imaging.
- XVI. Reconstruction or repair of posterior cruciate ligament (PCL) injury may be considered **medically necessary** when all of the following criteria (A-D) are met:

- A. Knee giving way by history; **and**
  - B. Grade II or III instability of PCL by physical examination; **and**
  - C. Isolated PCL tear by imaging; **and**
  - D. Either of the following are met (1.-2.)
    - 1. Displaced avulsion fracture by imaging; **or**
    - 2. Symptoms or findings continue after all of the following (a.-c.):
      - a. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
      - b. PT or home exercise  $\geq$  6 weeks; **and**
      - c. Activity modification  $\geq$  6 weeks.
- XVII. Reconstruction or repair of lateral collateral ligament (LCL) or posterolateral corner injury may be considered **medically necessary** when either of the following criteria (A-B.) are met:
- A. Grade III instability of lateral collateral ligament (LCL) or posterolateral corner by physical examination; **or**
  - B. All of the following are met (1.-3.):
    - 1. Grade II instability of lateral collateral ligament (LCL) or posterolateral corner by physical examination; **and**
    - 2. Isolated lateral collateral ligament (LCL) or posterolateral corner tear by imaging; **and**
    - 3. Instability continues after all of the following (1.-3.)
      - a. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
      - b. PT or home exercise  $\geq$  6 weeks; **and**
      - c. Brace  $\geq$  6 weeks.
- XVIII. Reconstruction or repair of medial collateral ligament (MCL) injury may be considered **medically necessary** when all of the following criteria (A-C) are met:
- A. Grade II or III instability of medial collateral ligament (MCL) by physical examination; **and**
  - B. Isolated medial collateral ligament (MCL) tear by imaging; **and**
  - C. Instability continues after all of the following (1.-3.):
    - 1. NSAIDs or acetaminophen  $\geq$  3 weeks; **and**
    - 2. PT or home exercise  $\geq$  6 weeks; **and**
    - 3. Brace  $\geq$  6 weeks.
- XIX. Reconstruction or repair of multi-ligamentous injury may be considered **medically necessary** when all of the following criteria (A.-C.) are met:
- A. Grade II or III instability of lateral (LCL), medial (MCL) or posterolateral complex by physical examination and tear by imaging; **and**
  - B. Grade II or III instability of anterior cruciate ligament (ACL) or posterior cruciate ligament (PCL) by physical examination; **and**
  - C. Anterior cruciate ligament (ACL) or posterior cruciate ligament (PCL) tear by imaging.
- XX. For adolescents only, removal or stabilization of osteochondritis dissecans may be considered **medically necessary** when all of the following are met (A.-C.):
- A. Patient has any of the following (1.-3.):
    - 1. Joint pain; **or**

2. Locking; **or**
3. Giving way by history; **and**
- B. Either of the following are met (1.-2):
  1. Limited range of motion; **or**
  2. Joint effusion or swelling; **and**
- C. Stage III or IV osteochondritis dissecans is confirmed by imaging.

- XXI. Repair of intra-articular loose body may be considered **medically necessary** when a symptomatic intra-articular loose body is confirmed by imaging.
- XXII. Repair of intra-articular tibial fracture confirmed by imaging may be considered **medically necessary**.
- XXIII. Arthroscopically assisted knee surgery is considered **not medically necessary** when criteria I., II., or XIII.-XXIII. above are not met.

Link to [Evidence Summary](#)

## POLICY CROSS REFERENCES

- [Autologous Chondrocyte Implantation \(ACI\) for Cartilaginous Defects of the Knee](#), MP137
- [Meniscal Allograft Transplant and Other Meniscal Implants](#), MP150
- [Osteochondral Allograft and Autografts for Cartilaginous Defects of the Knee](#), MP149

The full Company portfolio of current Medical Policies is available online and can be [accessed here](#).

## POLICY GUIDELINES

### DOCUMENTATION REQUIREMENTS

In order to determine the medical necessity of the request, the following information must be submitted in order to determine if medical necessity criteria are met:

- Indication for the requested surgery
- Clinical notes documenting that the individual has been evaluated at least once by the requesting surgeon before submitting a request for surgery.
- Clinical documentation of extent and response to conservative care (e.g. physical therapy, activity modification and oral analgesics), as applicable to the policy criteria, including outcomes of any procedural interventions, medication use and physical therapy notes.
- Evaluation and documentation of the extent and specifics of one or more of the functional impairments or disabilities
  - Imaging requirements:



- Documented interpretation of x-rays, which may be performed and read by the operating surgeon.
  - If advanced imaging is required, a radiologist's report (for CT, MRI, US or bone scan).
- Documentation of any criteria-specific lab values or reports.

## DEFINITIONS

### *Activities of Daily Living*

The activities of daily living (ADLs) is a term used to describe essential skills that are required to independently care for oneself. Examples may include, but are not limited to, the following:

- Ambulating
- Feeding
- Dressing
- Personal hygiene
- Transportation and shopping
- Meal preparation
- Housecleaning and home maintenance

## BACKGROUND

### *Knee Arthroscopy*

Knee arthroscopy is a minimally invasive surgical procedure used to diagnose and treat various conditions within the knee joint. This procedure involves inserting a small camera, called an arthroscope, into the knee through a small incision. The camera provides a clear, detailed view of the joint on a monitor, enabling the surgeon to identify issues such as torn ligaments, damaged cartilage, or joint inflammation. Additional small incisions may be made to insert instruments for treating the identified problems. The benefits of knee arthroscopy include reduced pain, quicker recovery, and less scarring compared to traditional open surgery.

### *Arthroscopically Assisted Knee Surgery*

Arthroscopically assisted knee surgery is a technique that combines arthroscopy with traditional surgical methods to treat knee problems more effectively. It involves using an arthroscope—a small camera—to visualize the knee joint, guiding the surgeon during the procedure. This approach allows for more precise manipulation and treatment of complex knee issues such as ligament reconstruction, meniscus repair, or cartilage restoration. By utilizing arthroscopy, surgeons can perform the procedure with smaller incisions, leading to less trauma to surrounding tissues, reduced post-operative pain, and quicker recovery times compared to conventional open knee surgery.

### Procedures

- Microfracture, drilling, or abrasion arthroplasty are techniques aimed at repairing damaged cartilage by creating small holes or abrasions in the bone. This stimulates the growth of new cartilage by promoting blood flow to the area.
- Lavage of joint with joint aspirate diagnostic involves inserting a needle into the joint to remove excess fluid. The fluid is then analyzed to diagnose conditions such as infections, gout, or arthritis. It can also provide immediate relief from pain and swelling.
- Resection or repair of meniscal tear involves either removing the damaged part of the meniscus (resection) or stitching the torn edges together (repair). The goal is to restore knee function and alleviate pain. Meniscal repair is often preferred to preserve the meniscus's shock-absorbing function.
- Synovectomy (limited) involves removing a portion of the inflamed synovial membrane lining the joint. It is typically used to treat conditions like rheumatoid arthritis and aims to reduce pain and swelling.
- Synovectomy (major) is similar to limited synovectomy but involves the complete removal of the synovial membrane. This is usually done when the inflammation is severe and widespread.
- Chondroplasty is a surgical procedure to smooth and repair damaged cartilage in the knee. It is often performed arthroscopically, allowing the surgeon to trim rough cartilage and promote healthy tissue growth.
- Lateral release surgery involves cutting tight structures on the outer side of the kneecap (lateral retinaculum) to allow the kneecap to move properly within its groove. It helps alleviate pain and improve knee stability.
- Removal or stabilization of osteochondritis dissecans (adolescents only) addresses loose bone and cartilage fragments in joints, typically in adolescents. It involves either removing the fragments or stabilizing them to prevent further damage.
- Urgent joint exploration post penetrating joint injury involves immediate surgical examination and cleaning of a joint after a penetrating injury to prevent infection and assess damage. This is crucial to avoid septic arthritis and other complications.
- Removal or stabilization of symptomatic intra-articular osteochondral lesion (adults only) involves surgery to address painful bone and cartilage lesions within a joint in adults. This can involve removing loose fragments or stabilizing them to improve joint function.
- Removal of symptomatic intra-articular loose body (adolescents only) involves surgical removal of loose bone or cartilage fragments causing pain in adolescents. This helps restore normal joint movement and alleviate discomfort.
- Resection or repair of meniscal tear involves arthroscopic techniques for meniscal repair or removal, similar to the procedure described earlier.

- Reconstruction of MPFL, ACL, PCL, LCL, MCL, and multi-ligamentous injuries involves surgical reconstruction of knee ligaments to restore stability and function. This often involves using grafts to replace damaged ligaments.
- Removal or stabilization of osteochondritis dissecans involves arthroscopic techniques to address loose bone and cartilage fragments in joints, typically in adolescents.
- Repair of intra-articular loose body involves arthroscopic removal or stabilization of loose bone or cartilage fragments within a joint.
- Repair of intra-articular tibial fracture involves surgical fixation of fractures within the tibia using arthroscopic assistance. This helps ensure proper healing and alignment of the bone.

## **REGULATORY STATUS**

### **U.S. FOOD AND DRUG ADMINISTRATION (FDA)**

Approval or clearance by the Food and Drug Administration (FDA) does not in itself establish medical necessity or serve as a basis for coverage. Therefore, this section is provided for informational purposes only.

## **CLINICAL EVIDENCE AND LITERATURE REVIEW**

### **EVIDENCE REVIEW**

A review of the ECRI, Hayes, Cochrane, and PubMed databases was conducted regarding the use of knee arthroscopy and arthroscopically assisted knee surgery. Below is a summary of the available evidence identified through April 2025.

- In 2015, the Multicenter Orthopaedic Outcomes Network (MOON) reported that meniscal injuries are common in both primary and revision ACL reconstructions.<sup>1</sup> The longitudinal research included 509 individuals undergoing primary ACL reconstruction and 281 undergoing revision. Meniscal repairs are crucial in ACL reconstruction to minimize the risk of posttraumatic osteoarthritis. Despite advances in understanding posterior cruciate ligament anatomy and biomechanics, optimal treatment remains controversial. Double-bundle reconstructions may better restore knee kinematics than single-bundle reconstructions, though clinical outcomes show no significant difference. Tibial inlay reconstructions are preferred to avoid graft laxity. Posterior cruciate ligament reconstruction improves subjective outcomes and return to sports, though stability may not fully normalize.
- In 2015, Thorlund and colleagues conducted a systematic review and meta-analysis on the benefits and harms of arthroscopic surgery for degenerative knee disease.<sup>2</sup> Authors included RCTs assessing partial meniscectomy, debridement, or both for middle-aged or older individuals with knee pain and degenerative disease. The analysis showed a small, short-term benefit for

pain relief from arthroscopic surgery, but no significant benefit for physical function. Harms included symptomatic deep venous thrombosis, pulmonary embolism, infection, and death. The authors concluded that the limited and transient benefits do not support the practice of arthroscopic surgery for degenerative knee disease.

- In 2014, Mordecai and colleagues conducted an evidence-based review on managing meniscal tears.<sup>3</sup> Authors categorized treatment options into nonoperative, meniscectomy, and meniscal repair. Nonoperative treatment, including structured physical therapy, is effective for degenerative tears in older individuals without mechanical symptoms. Partial meniscectomy is suitable for symptomatic tears that cannot be repaired, preserving meniscal function if the peripheral rim is intact. Meniscal repair, with an 80% success rate at 2 years, is ideal for younger individuals with reducible tears that are peripheral and horizontal or longitudinal. Successful repair requires careful patient selection, technique, and adherence to post-operative rehabilitation, including bracing and nonweight bearing for 4-6 weeks.
- In 2013, Katz and colleagues published a multicenter RCT comparing arthroscopic partial meniscectomy with postoperative physical therapy to standardized physical therapy alone for individuals with meniscal tears and mild-to-moderate OA.<sup>4</sup> Authors enrolled individuals aged 45 or older with symptomatic meniscal tears and OA. The primary outcome was the change in WOMAC physical-function scores from baseline to 6 months. The study found no significant differences in functional status and pain improvement between the surgical and physical therapy groups at 6 and 12 months. The results suggest that physical therapy alone is as effective as surgery for these individuals.
- In 2010, the Cochrane Musculoskeletal Group published a systematic review on joint lavage for knee OA, including seven trials with 567 individuals.<sup>5</sup> Authors concluded that joint lavage does not provide pain relief or functional improvement for knee OA. Kirkley's 2008 RCT compared surgical lavage and/or arthroscopic debridement with optimized physical and medical therapy alone. The study found no significant differences in WOMAC scores or SF-36 Physical Component Summary scores between the surgery and control groups after 2 years, indicating no benefit of surgery for knee OA.
- In 2008, a Cochrane review assessed three RCTs, including Moseley's study, on arthroscopic debridement for knee OA.<sup>6</sup> The review concluded that arthroscopic debridement offers no benefit for undifferentiated OA. Chang et al.'s study compared arthroscopy with closed needle lavage, finding no significant differences in pain or functional status. Another study compared laparoscopic debridement with washout, noting high risk of bias and inconsistent pain outcomes. The Cochrane review highlighted the need for independent and blinded outcome assessors and concluded that arthroscopic debridement does not benefit knee OA.
- In 2002, Moseley and colleagues published a randomized placebo-controlled trial evaluating arthroscopy for knee osteoarthritis (OA).<sup>7</sup> Authors randomized 180 individuals to debridement, lavage, or placebo surgery, with placebo involving simulated debridement. Over a 2-year follow-up, neither debridement nor lavage groups reported less pain or better function than the placebo group. A 2007 systematic review noted limitations in generalizability due to the study's single-surgeon and single-center design. The review concluded that existing evidence does not

show arthroscopic lavage with or without debridement is more effective than placebo, suggesting further placebo-controlled RCTs are needed to refute Moseley's findings.

## **CLINICAL PRACTICE GUIDELINES**

### *Osteoarthritis Research Society International*

- In 2014, the Osteoarthritis Research Society International (OARSI) convened 16 experts from various fields to develop consensus recommendations for managing hip and knee osteoarthritis (OA).<sup>8</sup> The experts concluded that the roles of joint lavage and arthroscopic debridement are controversial. While some studies show short-term symptom relief, others suggest that improvements may be due to a placebo effect. This highlights the need for further research to clarify the effectiveness of these treatments.

### *American Academy of Orthopaedic Surgeons*

- In 2014, the AAOS clinical practice guideline on anterior cruciate ligament (ACL) injuries noted limited evidence for combined ACL tears and reparable meniscus tears.<sup>9</sup> However, it supports repairing meniscus tears during ACL reconstruction to improve patient outcomes. This recommendation underscores the importance of addressing meniscal injuries in ACL procedures to enhance recovery and long-term knee health.
- In 2013, the American Academy of Orthopaedic Surgeons (AAOS) published the second edition of their clinical practice guideline, "Treatment of Osteoarthritis of the Knee."<sup>10</sup> Recommendation 11 advises against needle lavage for symptomatic knee OA, with moderate strength due to the quality of evidence. Recommendation 12 strongly advises against arthroscopy with lavage and/or debridement for primary symptomatic knee OA, supported by high-quality evidence. Recommendation 13 is inconclusive regarding arthroscopic partial meniscectomy for knee OA with a torn meniscus, due to a lack of compelling evidence.

### *National Institute for Health and Care Excellence*

In 2020, the National Institute for Health and Care Excellence (NICE) published guidelines on osteoarthritis care and management in over 16s.<sup>11</sup> The guidelines recommend considering intra-articular corticosteroid injections for moderate to severe pain relief in OA patients but advise against intra-articular hyaluronan injections.

## **EVIDENCE SUMMARY**

The clinical utility of knee arthroscopy and arthroscopically assisted surgery has been extensively studied, with varying conclusions. Knee arthroscopy, particularly for osteoarthritis (OA), has been scrutinized through numerous randomized controlled trials (RCTs) and systematic reviews. Evidence suggests that arthroscopic procedures, such as lavage and debridement, offer limited and short-term symptom relief, often comparable to placebo effects. Studies have shown no significant long-term benefits in pain relief or functional improvement for knee OA patients undergoing these procedures.

For degenerative knee conditions, systematic reviews and meta-analyses have highlighted the minimal benefits of arthroscopic surgery, with some studies reporting small, short-term pain relief but no improvement in physical function. Additionally, these procedures carry risks, including deep venous thrombosis, pulmonary embolism, infection, and even death. In contrast, arthroscopically assisted surgeries, such as meniscal repairs during anterior cruciate ligament (ACL) reconstructions, have demonstrated more promising outcomes. Meniscal repairs are crucial in ACL reconstructions to reduce the risk of posttraumatic osteoarthritis and improve patient recovery. However, the optimal treatment for posterior cruciate ligament injuries remains controversial, with ongoing debates about the efficacy of single-bundle versus double-bundle reconstructions. Overall, while knee arthroscopy for OA shows limited benefits and significant risks, arthroscopically assisted surgeries for specific injuries like meniscal tears in ACL reconstructions are supported by evidence indicating improved patient outcomes.

## HEALTH EQUITY CONSIDERATIONS

The Centers for Disease Control and Prevention (CDC) defines health equity as the state in which everyone has a fair and just opportunity to attain their highest level of health. Achieving health equity requires addressing health disparities and social determinants of health. A health disparity is the occurrence of diseases at greater levels among certain population groups more than among others. Health disparities are linked to social determinants of health which are non-medical factors that influence health outcomes such as the conditions in which people are born, grow, work, live, age, and the wider set of forces and systems shaping the conditions of daily life. Social determinants of health include unequal access to health care, lack of education, poverty, stigma, and racism.

The U.S. Department of Health and Human Services Office of Minority Health calls out unique areas where health disparities are noted based on race and ethnicity. Providence Health Plan (PHP) regularly reviews these areas of opportunity to see if any changes can be made to our medical or pharmacy policies to support our members obtaining their highest level of health. Upon review, PHP creates a Coverage Recommendation (CORE) form detailing which groups are impacted by the disparity, the research surrounding the disparity, and recommendations from professional organizations. PHP Health Equity COREs are updated regularly and can be found online [here](#).

## BILLING GUIDELINES AND CODING

This policy does not address all knee arthroscopy services. It is limited to the procedures listed in the table below.

CODES*		
CPT	27422	Reconstruction of dislocating patella; with extensor realignment and/or muscle advancement or release (eg, Campbell, Goldwaite type procedure)
	27427	Reconstruction of dislocating patella; with extensor realignment and/or muscle advancement or release (eg, Campbell, Goldwaite type procedure)
	27428	Ligamentous reconstruction (augmentation), knee; intra-articular (open)

	29870	Arthroscopy, knee, diagnostic, with or without synovial biopsy (separate procedure)
	29871	Arthroscopy, knee, surgical; for infection, lavage and drainage
	29873	Arthroscopy, knee, surgical; with lateral release
	29874	Arthroscopy, knee, surgical; for removal of loose body or foreign body (eg, osteochondritis dissecans fragmentation, chondral fragmentation)
	29875	Arthroscopy, knee, surgical; synovectomy, limited (eg, plica or shelf resection) (separate procedure)
	29876	Arthroscopy, knee, surgical; synovectomy, major, 2 or more compartments (eg, medial or lateral)
	29879	Arthroscopy, knee, surgical; abrasion arthroplasty (includes chondroplasty where necessary) or multiple drilling or microfracture
	29880	Arthroscopy, knee, surgical; with meniscectomy (medial AND lateral, including any meniscal shaving) including debridement/shaving of articular cartilage (chondroplasty), same or separate compartment(s), when performed
	29881	Arthroscopy, knee, surgical; with meniscectomy (medial OR lateral, including any meniscal shaving) including debridement/shaving of articular cartilage (chondroplasty), same or separate compartment(s), when performed
	29882	Arthroscopy, knee, surgical; with meniscus repair (medial OR lateral)
	29884	Arthroscopy, knee, surgical; with lysis of adhesions, with or without manipulation (separate procedure)
	29888	Arthroscopically aided anterior cruciate ligament repair/augmentation or reconstruction
	29889	Arthroscopically aided posterior cruciate ligament repair/augmentation or reconstruction

**\*Coding Notes:**

- The above code list is provided as a courtesy and may not be all-inclusive. Inclusion or omission of a code from this policy neither implies nor guarantees reimbursement or coverage. Some codes may not require routine review for medical necessity, but they are subject to provider contracts, as well as member benefits, eligibility and potential utilization audit.
- All unlisted codes are reviewed for medical necessity, correct coding, and pricing at the claim level. If an unlisted code is submitted for non-covered services addressed in this policy then it will be **denied as not covered**. If an unlisted code is submitted for potentially covered services addressed in this policy, to avoid post-service denial, **prior authorization is recommended**.
- See the non-covered and prior authorization lists on the Company [Medical Policy, Reimbursement Policy, Pharmacy Policy and Provider Information website](#) for additional information.
- HCPCS/CPT code(s) may be subject to National Correct Coding Initiative (NCCI) procedure-to-procedure (PTP) bundling edits and daily maximum edits known as “medically unlikely edits” (MUEs) published by the Centers for Medicare and Medicaid Services (CMS). This policy does not take precedence over NCCI edits or MUEs. Please refer to the CMS website for coding guidelines and applicable code combinations.

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## POLICY REVISION HISTORY

DATE	REVISION SUMMARY
7/1/2025	New policy.