Description:
Temporomandibular joint (TMJ) dysfunction is the term used to describe various functional and structural disorders of the temporomandibular joints and muscles. These disorders are often the result of trauma, developmental anomalies, disc dysfunction, neuromuscular disorder, condylar displacement, stress, malocclusion, arthritis or ankylosis.

Symptoms attributed to TMJ include, but are not limited to: pain in the temporomandibular joint or masticatory muscles, painful clicking or popping sounds in the jaw, restricted movement or locking of the jaw, muscles spasms, earache, and tinnitus.

Criteria: CWQI HCS-0066
Treatment of temporomandibular joint (TMJ) dysfunction may be a limited or excluded benefit under some Moda Health medical plans. Refer to the applicable plan benefit wording to determine benefit availability and the terms and conditions of coverage.

Treatment of TMJ will be covered to plan limitations when the following criteria are met: *(Please refer to CWQI Guidelines for Surgical Treatment)*

I. **Non-surgical treatment with a custom intra-oral prosthetic devices/splints** will be covered with ALL of the following
   A. At least two or more of the following symptoms are present:
      i. Extra-articular pain related to muscles of the head and neck region, or earaches, headaches, masticatory or cervical myalgias.
      ii. Painful chewing
      iii. Restricted range of motion
   B. And the patient has failed ALL of the following:
      i. Failure to respond to conservative treatment, such as removal of precipitating activities, analgesics, soft diet and proper chewing techniques; and
      ii. Failure to respond to a course of physical therapy

II. The following TMJ treatments will **NOT** be covered. This includes but is not limited to:
   A. Bite (occlusal) adjustment/equilibration
   B. Crowns, bridges, amalgams, etc. to restore tooth alignment or to balance the bite
C. Orthodontia
D. Appliances strictly for the treatment of bruxism (grinding of the teeth)
E. Botox injections
F. Continuous passive motion (CPM)

III. **Orthognathic surgery** – this is typically a plan exclusion. Refer to Member Handbook for specific benefits.

**Information to be Submitted with Pre-Authorization Request:**
Clinical records from the treating physician/dentist documenting TMJ symptoms, radiographic study results and previous treatment tried.

**CPT/HCPC Codes/Billing information**
These codes may not be all inclusive

<table>
<thead>
<tr>
<th>Codes</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>21085</td>
<td>Oral Surgical Splint</td>
</tr>
<tr>
<td>21089</td>
<td>Unlisted maxillofacial prosthetic procedure</td>
</tr>
<tr>
<td>20605</td>
<td>Arthrocentesis, aspiration and/or injection; intermediate joint or bursa (e.g., temporomandibular, acromioclavicular, wrist, elbow, or ankle, olecranon bursa)</td>
</tr>
</tbody>
</table>

**Applicable ICD-10 Codes**

<table>
<thead>
<tr>
<th>ICD-10 Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>M26.60</td>
<td>Temporomandibular joint disorder, unspecified</td>
</tr>
<tr>
<td>M26.61</td>
<td>Adhesions and ankylosis of temporomandibular joint</td>
</tr>
<tr>
<td>M26.62</td>
<td>Arthralgia of temporomandibular joint</td>
</tr>
<tr>
<td>M26.63</td>
<td>Articular disc disorder of temporomandibular joint</td>
</tr>
<tr>
<td>M26.69</td>
<td>Other specified disorders of temporomandibular joint</td>
</tr>
</tbody>
</table>

**Review Date** | **Revisions** | **Effective Date** |
--- | --- | --- |
05/2013 | Annual Review: Added table with review date, revisions, and effective date. | 05/2013 |
12/2014 | Annual Review: Formatting changes to I.A | 12/03/2014 |
12/2015 | Annual Review: Added ICD-10 codes | 12/02/2015 |
### References:

- Slavkin, H, DDS, NIDCR Director 1995-2000, A Lifetime of Motion: Temporomandibular Joints,
- Universe of devised used in the diagnosis and/or treatment of temporomandibular joint disorders and related myofacial pain dysfunction. Accessed July 25, 2011available at URL address at:
Subject: Temporomandibular Joint (TMJ) Non-Surgical Treatment

| Origination Date: 5/02 | Revision Date(s): 12/03, 12/04, 9/05, 10/06, 10/07, 10/08, 7/10, 7/11, 7/12, 5/13, 9/13, 11/14, 12/15, 05/16 |
| Developed By: Medical Criteria Committee |

Origination Date: 5/02

Developed By: Medical Criteria Committee

www.fda.gov/cdrh/fr/tmj.html

- Physician Advisors