UM-CDG-021 Interspinous Process Decompression	Approved By: Director, Health Services	Effective Date: 10/22/2025

This Policy applies to all SECUR affiliates, associates, and subsidiaries.

Approved by Courtney Gonzales, Director of Health Services on behalf of the Utilization Management Committee.

PURPOSE

This coverage determination guideline serves to address interspinous process decompression for lumbar spinal stenosis (IPD). This is a less invasive surgical procedure where a titanium metal implant is placed between the spinous processes of the symptomatic lumbar disc levels. The implant may be placed in two levels if necessary. This procedure is performed as an alternative to laminectomy for persons diagnosed with lumbar spinal stenosis who exhibit intermittent claudication and can relieve their symptoms when bending forward or when the spine is in a flexed position, such as sitting. The implant is designed to limit pathologic extension of the spinal segments and maintain them in a neutral or slightly flexed position. This may allow persons to resume normal posture rather than flex the entire spine for relief. IPD is performed in an operating room under local, spinal or general anesthesia, and may be done as either an inpatient or outpatient procedure depending on the needs of the person.

For SECUR Health Plan members, National Coverage Determinations (NCD) and Local Coverage Determinations (LCD) will be applied to requests when applicable. SECUR Health Plan Coverage Determination Guidelines (CDG) will be utilized in the absence of an appropriate NCD and/or LCD.

DEFINITIONS

None

POLICY

SECUR Health Plan considers interspinous and interlaminar distraction devices as experimental, investigational, or unproven for all indications including as treatment for spinal stenosis. There is insufficient clinical evidence in peer reviewed literature demonstrating the safety and efficacy of these procedures or demonstrating the effects of these procedures on long term health outcomes.

References:

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