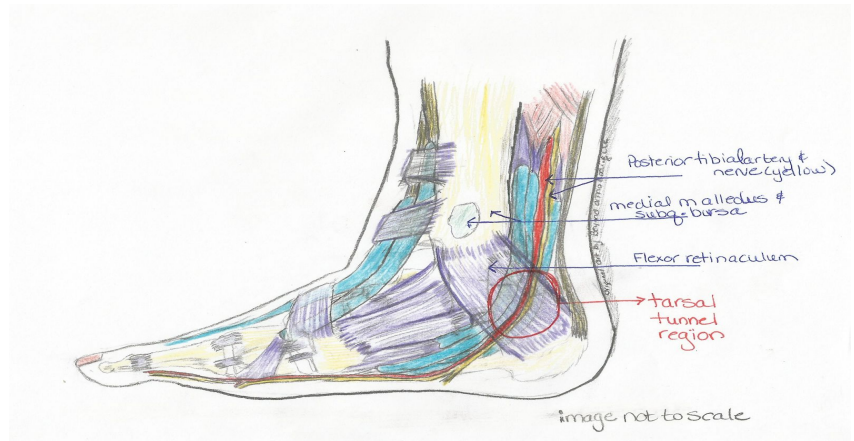


## Tarsal Tunnel Syndrome (TTS)

TTS (aka tibial nerve dysfunction or posterior tibial nerve neuralgia) is a condition affecting the ankle/foot region. Symptoms range anywhere from swelling, tingling, burning, and/or pain either in the lower leg towards the ankle & possibly extending into the foot region. Various causes of TTS range from a fallen arch, bone spur, cyst, arthritis, diabetes or any injury.



### How is it diagnosed or treated?

During a doctor's visit a history & physical exam is performed. Then based on clinical findings & standards of care, a plan of care (POC) is established.

**History:** Providing details about when the symptoms started, what helps, what you've tried to relieve the symptoms, any medications or other medical conditions you're experiencing.

**Physical Exam:** The "hands on" portion where providers will look at the lower leg to correlate symptoms. A non-invasive Tinel's test (a gentle tapping along the tibial nerve) may be performed.

**POC:** A wide range of options could be recommended based on the provider's findings. Each POC is patient-specific & based on clinical decision making criteria and/or standards of care. Below is a sample list of potential POC options:

- Diagnostic testing options:
  - EMG,                      ○ MRI
  - NCV                      ○ Xray
  - CT Scan
  - Ultrasound
- Medication - (ie: OTC, NSAIDs, etc)
- R.I.C.E - rest, ice, compression & elevation
- Brace, splint, custom shoe or support
- Physical therapy
- Injection and/or Surgery

### Which codes are appropriate for TTS?

Diagnosis code: TTS - G57.51 (right), G57.52 (left), G57.53 (bilateral)

- Coding recommendation: Avoid the unspecified laterality diagnosis code
- If TTS is not confirmed, use appropriate sign and/or symptom diagnosis

Procedure codes: \*\*

Minor surgical procedure (ie: injection)

- Platelet-rich plasma (PRP) injection: 0232T
- Hydrodissection injection:
  - with PRP: 0232T
  - with other substance: 28899
- Baxter injection: 28899 \*\*
- Nerve block: 64450

Major procedure(s) or surgery:

- Tarsal tunnel release (for posterior tibial nerve decompression): 28305

\*\* Coding rules vs insurance payment policies may vary. It is always recommended to follow coding rules first, then apply payer policies secondary. Some carriers have specific policies specific to TTS treatment. For example, a policy existed last year that required an injection code other than 28899.

Sample list of insurance medical policies:

Medicare via CMS- Medicare Coverage Database

- Injection: 28899
- Nerve Block: 644xx (see appropriate nerve block code)

Jurisdiction	LCD	Related Article(s)	Injection or Nerve block related:
JE	L34218	A57079, A55489	Injection
JF	L34076	A57201, A55490	Injection
JK	L33622	A52863	Injection
JK	L36850	A57452, A55421	Nerve block
J06	L36850	A57452, A55421	Nerve block
JN	L33933	A5778, A57992	Nerve block
JL	No formal policy or article found		

Highmark Blue Shield- Pennsylvania - Medical Policy Z-56-016 updated on 01-01-2020  
Please review medical policy for more information.

UniCare - SURG.00140 updated 07-08-2020 has specific nerve block coverage limitations.

EmblemHealth - MG.MM.ME.64C3v2 updated 05-28-2020  
Medical policy is specific to nerve block coding and coverage.

Reviewing carrier policies & having a policy in place outlining how coding hierarchy rules will be applied is recommended. For more information or questions, please visit [BeyondOrthoCoding.com](http://BeyondOrthoCoding.com)

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Resources:

<https://www.cms.gov/medicare-coverage-database/>

<https://www.cms.gov/Medicare/Coding/ICD10/2020-ICD-10-CM>

<https://hbs.highmarkprc.com/?document=https://www.highmarkblueshield.com/health/documents/med-pol-selection.html&category=Medical%20%26%20Claims%20Payment%20Guidelines>

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