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Developed By: Medical Criteria Committee	

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Approved:

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Date:

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**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:**

**Treatment of temporomandibular joint (TMJ) dysfunction may be a limited or excluded benefit under some ODS 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:

- I. Non-surgical treatment (physical therapy, custom intra-oral prosthetic devices/splints) will be covered when at least **two** of the following symptoms are present:
  - A. Extra-articular pain related to muscles of the head and neck region, or earaches, headaches, masticatory or cervical myalgias
  - B. Painful chewing
  - C. Restricted range of motion
  - D. Failure to respond to conservative treatment, such as removal of precipitating activities, analgesics, soft diet and proper chewing techniques
- II. Surgical treatment of the temporomandibular joint, including but not limited to arthrocentesis, arthroscopy, arthrotomy and condylotomy will be covered when **ALL** of the following criteria are met:
  - A. Symptoms are not resolved with conservative treatment, such as physical therapy, analgesics and TMJ orthotic/splint; and
  - B. MRI or other radiologic studies document disc displacement, moderate to marked disc thickening, or degenerative osseous changes; and
  - C. Underlying orthodontic disorders have been ruled out
- III. Arthroplasty/TMJ reconstruction may be considered on a case-by-case basis for FDA approved prostheses only.
- IV. 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

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- F. Continuous passive motion (CPM)
- G. 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.

**References:**

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