



**Subject:** Foot Orthotics Policy

**Effective Date:** 1/1/16

**Revision Date:** 10/19

**Review Date:** 7/18

## DESCRIPTION

Prescription orthotics are divided into two categories:

Functional orthotics are designed to control abnormal motion. They may be used to treat foot pain caused by abnormal motion; they can also be used to treat injuries such as shin splints or tendinitis. Functional orthotics are usually crafted of a semi-rigid material such as plastic or graphite.

Accommodative orthotics are softer and meant to provide additional cushioning and support. They can be used to treat diabetic foot ulcers, painful calluses on the bottom of the foot, and other uncomfortable conditions.

Podiatrists use orthotics to treat foot problems such as plantar fasciitis, bursitis, tendinitis, diabetic foot ulcers, and foot, ankle, and heel pain. Clinical research studies have shown that podiatrist-prescribed foot orthotics decrease foot pain and improve function.

## COVERAGE

One of the following per member per calendar year is considered medically necessary:

1. No more than 1 pair of custom-molded shoes (including inserts provided with such shoes) and 2 additional pairs of inserts; or
2. No more than 1 pair of depth shoes and 3 pairs of inserts (not including the noncustomized removable inserts provided with such shoes).

## PRIOR AUTHORIZATION

Prior authorization is required for foot orthotics exceeding \$2,000.

The footwear must be fitted and furnished by a podiatrist or other qualified individual such as a pedorthist, an orthotist, or a prosthetist. Network restrictions may apply based on benefit plan.

## COVERED CODES

A5500 – A5507, A5510 – A5514	Diabetic shoes, fitting, and modifications
L3000 – L3031	Foot inserts, removable
L3040 – L3100	Foot arch supports, removable or nonremovable
L3140 – L3170	Foot abduction and rotation bars
L3201 – L3214	Orthopedic footwear (shoes, boots)
L3224 – L3265	Orthopedic footwear
L3300 – L3485	Shoe modifications (lifts, wedges, heels)
L3500 – L3649	Miscellaneous shoe additions, transfers, or replacements

## EXCLUDED CODES

A5508	For diabetics only, deluxe feature of off-the-shelf depth-inlay shoe or custom-molded shoe, per shoe
A9283	Foot pressure off loading/supportive device, any type, each
L3215 – L3222	Orthopedic footwear

## REFERENCES

Aetna. (2017). Foot Orthotics. Retrieved from [http://www.aetna.com/cpb/medical/data/400\\_499/0451.html](http://www.aetna.com/cpb/medical/data/400_499/0451.html)

APMA. (2015). Shoe inserts and prescription custom orthotics. Retrieved from <http://www.apma.org/Learn/FootHealth.cfm?ItemNumber=988>

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