

MEDICAL POLICY

POLICY TITLE	PARASPINAL SURFACE ELECTROMYOGRAPHY TO EVALUATE AND MONITOR BACK PAIN
POLICY NUMBER	MP 2.097

CLINICAL BENEFIT	☒ MINIMIZE SAFETY RISK OR CONCERN. ☒ MINIMIZE HARMFUL OR INEFFECTIVE INTERVENTIONS. ☐ ASSURE APPROPRIATE LEVEL OF CARE. ☐ ASSURE APPROPRIATE DURATION OF SERVICE FOR INTERVENTIONS. ☐ ASSURE THAT RECOMMENDED MEDICAL PREREQUISITES HAVE BEEN MET. ☐ ASSURE APPROPRIATE SITE OF TREATMENT OR SERVICE.
Effective date:	10/1/2026

POLICY

Paraspinal surface electromyography (SEMG) is considered **investigational** as a technique to diagnose or monitor back pain as there is insufficient evidence to support a general conclusion concerning the health outcomes or benefits associated with this procedure.

Cross-Reference:

MP 2.063 Electromyography and Nerve Conduction Studies

PRODUCT VARIATIONS

This policy is only applicable to certain programs and products administered by Capital Blue Cross and subject to benefit variations. Please see additional information below.

FEP PPO - Refer to FEP Medical Policy Manual. The FEP Medical Policy manual can be found at: <https://www.fepblue.org/benefit-plans/medical-policies-and-utilization-management-guidelines/medical-policies>

DESCRIPTION/BACKGROUND

Back Pain

Back pain is a common condition that affects most individuals at some point in their lives. Identifying the pathogenesis of back pain is challenging, in part due to the complex anatomy of the back, which includes vertebrae, intervertebral discs, facet joints, spinal nerve roots, and numerous muscles. Back pain may be related to osteoarthritis, disc disease, subluxation, or muscular pathologies, such as muscle strain or spasm. Moreover, due to referred pain patterns, the location of the pain may not be anatomically related to the pathogenesis of the pain. For example, buttock or leg pain may be related to pathology in the spine. In addition to the diagnostic challenges of back pain is the natural history of acute back pain.

Diagnosis

Aside from physical examination, diagnostic testing includes imaging technologies, such as magnetic resonance imaging, designed to identify pathology (e.g., bulging discs), or tests such as discography to localize the abnormality by reproducing the pain syndrome. However, these

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tests lack specificity and must be carefully interpreted in the context of the clinical picture. For example, magnetic resonance imaging identifies 5% of asymptomatic patients as having bulging discs. However, the presence of a bulging disc may only be clinically significant if correlated with other symptoms. Assessment of the musculature may focus on range of motion or strength exercises.

In contrast to anatomic imaging, surface electromyography (SEMG), which records the summation of muscle activity from groups of muscles, has been investigated as a technique to evaluate the physiologic functioning of the back. A non-invasive procedure, SEMG differs from needle electromyography, an invasive procedure in which the electrical activity of individual muscles is recorded. Paraspinal SEMG has been explored to evaluate abnormal patterns of electrical activity in the paraspinal muscles in patients with back pain symptoms such as spasm, tenderness, limited range of motion, or postural disorders. The technique is performed using a single or an array of electrodes placed on the skin surface, with recordings made at rest, in various positions, or after a series of exercises. Recordings can also be made by using a handheld device, which is applied to the skin at different sites. Electrical activity is assessed by computer analysis of the frequency spectrum (i.e., spectral analysis), amplitude, or root means square of the electrical action potentials. In particular, a spectral analysis that focuses on the median frequency has been used to assess paraspinal muscle fatigue during isometric endurance exercises. Paraspinal SEMG has been researched as a technique to establish the etiology of back pain and has been used to monitor the response to therapy and establish physical activity limits, such as assessing capacity to lift heavy objects or ability to return to work.

Paraspinal SEMG is an office-based procedure that may be most commonly used by physiatrists or chiropractors. The following clinical applications of the paraspinal SEMG have been proposed:

- clarification of diagnosis (i.e., muscle, joint, or disc disease)
- selection of a course of medical therapy
- selection of a type of physical therapy
- preoperative evaluation
- postoperative rehabilitation
- follow-up of acute low back pain
- evaluation of exacerbation of chronic low back pain
- evaluation of pain management treatment techniques

Treatment

Most cases of acute low back pain resolve with conservative therapy (e.g., physical therapy) while continuing normal activities within limits permitted by the pain. Therefore, initial imaging or other diagnostic testing is generally not recommended unless “red flag” warning signs are present or the pain persists for more than 4 to 6 weeks. Red flag findings include significant trauma, history of cancer, unrelenting night pain, fevers or chills, and progressive motor or sensory deficits.

Regulatory Status

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Surface electromyography (SEMG) devices approved by the U.S. Food and Drug Administration include those that use a single electrode or a fixed array of multiple surface electrodes. Examples include the CMAP Pro (Medical Technologies) and Model 9200 EMG System (Myotronics-Noromed).

Several U.S. Food and Drug Administration–approved devices combine SEMG along the spine with other types of monitors. For example, in 2007, the Insight Discovery (Fasstech) was cleared for marketing through the 510(k) process. The device contains six sensor types, one of which is for SEMG. The indications include measuring bilateral differences in SEMG along the spine and measuring SEMG along the spine during functional tasks. (Earlier Insight models had fewer sensors.) U.S. Food and Drug Administration product code: IKN.

RATIONALE

Summary of Evidence

For individuals who have back pain who receive paraspinal surface electromyography (SEMG) for evaluation and monitoring, the evidence includes several nonrandomized studies on using findings to classify back pain. The relevant outcomes are test accuracy and validity, symptoms, functional outcomes, quality of life, and resource utilization. There have been no studies directly comparing SEMG with other noninvasive techniques for evaluating back pain, and standard criteria for normal and abnormal SEMG measurements have not been determined. SEMG has been proposed as a noninvasive technique providing objective measurements that would inform treatment decisions in patients with back pain. While studies have shown that SEMG results have detected different pathologies in patients with back pain, none of the studies reported health outcomes. There is also no data on the impact of SEMG for managing patients. The evidence is insufficient to determine the effects of the technology on health outcomes.

DEFINITIONS

N/A

DISCLAIMER

Capital Blue Cross' medical policies are used to determine coverage for specific medical technologies, procedures, equipment, and services. These medical policies do not constitute medical advice and are subject to change as permitted by law or applicable clinical evidence from independent treatment guidelines. Treating providers are solely responsible for medical advice and treatment of members. These policies are not a guarantee of coverage or payment. Payment of claims is subject to a determination regarding the member's benefit program and eligibility on the date of service, and a determination that the services are medically necessary and appropriate. Final processing of a claim is based upon the terms of contract that applies to the members' benefit program, including benefit limitations and exclusions. If a provider or a member has a question concerning this medical policy, please contact Capital Blue Cross' Provider Services or Member Services.

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CODING INFORMATION

Note: This list of codes may not be all-inclusive, and codes are subject to change at any time. The identification of a code in this section does not denote coverage as coverage is determined by the terms of member benefit information. In addition, not all covered services are eligible for separate reimbursement.

Investigational; therefore, not covered, paraspinal surface electromyography (SEMG):

Procedure Codes							
S3900	95999	96002	96004	97799			

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POLICY HISTORY

MP 2.097	06/10/2020 Consensus Review. No change to policy statement. Rationale and references reviewed.
	10/12/2021 Consensus Review. Reference updated. Coding reviewed.
	11/08/2022 Consensus Review. Background, rationale, references, and coding reviewed.
	08/21/2023 Consensus Review. Policy reviewed and references updated. No changes to coding.
	09/25/2024 Consensus Review. No changes to coding. References updated.

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	07/10/2025 Consensus Review. Updated coding table and references.
	06/12/2026 Consensus Review. No changes to coding.

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