

## Requirements to Qualify for Hyaluronate Injection (Gel Shot)

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**A Hyaluronate injection may provide you relief for your knee pain due to the arthritis. Some people call this medication the gel shot, rooster comb shot, Synvisc, knee lubricant, etc. This medication requires: 1) we document that the patient has met the medical criteria for the injection, and 2) obtain approval from the insurance company before we can offer it. These criteria are defined by each insurance company independently. The following criteria must be met in order to submit to insurance a request for this injection:**

- 1) 4 weeks of completed Physical Therapy
- 2) Documentation of trying at least two appropriate pain or anti-inflammatory medications (Ex. Acetaminophen, Ibuprofen, Naproxen, Meloxicam, etc.)
- 3) Cortisone (steroid) Injection into the knee joint

### Disclaimers:

- 1) This injection cannot be offered on the same day of your visit due to the fact that it requires submitting documentation that you have met medical criteria in order to start the insurance verification process.
- 2) The insurance verification process for getting the Prior Authorization may take on average 3 to 4 weeks, and in some cases more than a month. This is not something we have control of.
- 3) Some insurances require 3 months of conservative treatment or may require a specialty pharmacy mailing the medication, which add to the waiting period.
- 4) Meeting these criteria does not guarantee that we will get insurance approval.
- 5) Insurance will consider approval of this medication for knee arthritis only. Insurance does not cover the medication for injecting into other joints.

**If you are interested in the Hyaluronate injection, you can give our office a call once you have completed all criteria to start the insurance verification process. Once we are notified of insurance approval, we will call you to schedule the appointment.**

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