Tonic Motor Activation for Restless Legs Syndrome

DESCRIPTION

Tonic motor activation (TOMAC) (i.e., NTX100) is a form of peripheral nerve stimulation that uses electrodes worn on the lower legs to deliver bilateral, high-frequency electrical stimulation to the common peroneal nerves near the fibular head. The stimulation is intended to activate the tibialis anterior muscles and produce sustained, low-level muscle contractions that simulate voluntary leg movement. These contractions are proposed to provide symptom relief in individuals with restless legs syndrome (RLS), like the temporary relief that may occur with walking, stretching, or other leg movement.

POLICY

- Tonic motor activation for the treatment of restless legs syndrome refractory to medication is considered ***investigational.***

IMPORTANT REMINDERS

- Any specific products referenced in this policy are just examples and are intended for illustrative purposes only. It is not intended to be a recommendation of one product over another and is not intended to represent a complete listing of all products available. These examples are contained in the parenthetical e.g., statement.
- We develop Medical Policies to provide guidance to Members and Providers. This Medical Policy relates only to the services or supplies described in it. The existence of a Medical Policy is not an authorization, certification, explanation of benefits or a contract for the service (or supply) that is referenced in the Medical Policy. For a determination of the benefits that a member is entitled to receive under his or her health plan, the Member's health plan must be reviewed. If there is a conflict between the medical policy and a health plan or government program (e.g., TennCare), the express terms of the health plan or government program will govern.

ADDITIONAL INFORMATION

Although available studies suggest TOMAC may improve RLS symptoms in the short term with few serious safety concerns, the evidence remains limited by small or underpowered studies, short follow-up, potential challenges with blinding, reliance on patient-reported outcomes, and limited long-term randomized data. Additional adequately powered RCTs with longer follow-up are needed to establish the durability of benefit and long-term safety. Therefore, the available evidence is insufficient to demonstrate an improvement in net health outcomes, and TOMAC remains investigational.

SOURCES

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EFFECTIVE DATE

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