

**Appendix C**  
**CMS Evidence Table for Thermal Intradiscal Procedures**

Author/ Year	Study Design	Demographics	outcome measures	Results	
			outcome measure time endpoint	Intervention group	Control group
	Study, inclusion/exclusion	N age			
Pauza 2004	RCT Multiple inclusion/exclusion, includes only less than 20% disc height narrowing on x-ray, No workers comp	32 IDET 24 sham  Mean age 40	VAS SF-36 Bodily Pain SF-36 Physical - Functioning ODI  6 months	6.6 (SD 1.4) → 4.2 (SD 2.6) 36 (SD 12) → 53 (SD 19)  56 (SD 24) → 71 (SD 22) 31 (SD 10) → 20 (SD 12)	6.5 (SD 1.9) → 5.4 (SD 2.7) 35 (SD 12) → 44 (SD 20)  49 (SD 21) → 60 (SD 24) 33 (SD 11) → 28 (SD 15)
Freeman 2005	RCT Multiple inclusion/exclusion, includes only less than 50% disc height narrowing	36 IDET 19 sham  Mean age 40	LBOS  SF-36 Bodily Pain  SF-36 Physical - Functioning  ODI  6 months	39.5 (SD 5.2) → 38.3 (SD 3.6) 33.1 (SD 16.0) → 38.3 (SD 21.4)  41.9 (SD 23.0) → 44.7 (SD 24.2) 41.4 (SD 14.8) → 39.8 (SD 16.3)	36.7 (SD 3.0) → 37.4 (SD 1.6) 24.4 (SD 13.5) → 31.5 (SD 15.2)  35.0 (SD 15.3) → 36.6 (SD 20.1) 40.7 (SD 11.8) → 41.6 (SD 11.2)

Author/ Year	Study Design	Demographics	outcome measures	Results	
			outcome measure time endpoint	Intervention group	Control group
Barendse 2001	RCT Diagnostic block and positive discography/multiple exclusion listed	15 PIRFT 13 sham  Mean age 45 years sham group, 41 PIRFT group	At least VAS 2 point reduction and 50% pain reduction on global perceived effect  8 weeks	One patient judged as success	Two patients judged as success
Ercelen 2003	Randomized Comparative Trial  MRI changes and positive discography/multiple exclusion listed	20 PIRFT, 80°C for 120 seconds  19 PIRFT, 80°C for 360 seconds	VAS and ODI  6 months	No statistical difference between the 6 mo and pretreatment VAS and ODI	No statistical difference between the 6 mo and pretreatment VAS and ODI

Author/ Year	Study Design	Demographics	outcome measures	Results	
			outcome measure time endpoint	Intervention group	Control group
Bogduk 2002	Case Control  Positive discography and radial fissure/ Several exclusion including less than 80% of expected disc height (greater than 20% narrowing)	36 IDET 17 other treatments  Median age for IDET was 39 years, 45 years for the comparison group	VAS, return to work, opioids use  Success defined as at least 50% reduction in pain, at work, no longer using opioids (small quantities of codeine acceptable)  24 months	19 of 35 patients successful by authors definition	1 patient successful, though this patient attributed the resolution of back pain to a hysterectomy
Kapural 2005	Prospective matched control  Several inclusion/ excluded those with less than 50% of expected disc height And workers comp	21 PIRFT 28 IDET  Mean age 42	VAS  Mean PDI* difference (IDET – PIRFT) at one year  One year  *Pain Disability Index	IDET: 7.4 +/- 1.9 → 1.4 +/- 1.9  -21.8	PIRFT: 6.6 +/- 2.0 → 4.4 +/- 2.4