ICD 10 CM DOCUMENTATION AND CODING BEST PRACTICES –

Muscular Dystrophy

Muscular Dystrophy Overview

Muscular dystrophies are a group of muscle diseases caused by mutations in a person's genes. Over time, muscle weakness decreases mobility, making everyday tasks difficult.

There are many kinds of muscular dystrophy, each affecting specific muscle groups, with signs and symptoms appearing at different ages, and varying in severity. Muscular dystrophy can run in families, or a person can be the first in their family to have muscular dystrophy. There may be several different genetic types within each kind of muscular dystrophy, and people with the same kind of muscular dystrophy may experience different symptoms.

There are several types of Muscular Dystrophy, which are as follows.

Duchenne/Becker Muscular Dystrophy (DMD/BMD): Duchenne muscular dystrophy (DMD) and Becker muscular dystrophy (BMD) have the same symptoms and are caused by mutations in the same gene. BMD symptoms can begin later in life and be less severe than DMD. However, because these two kinds are very similar, they are often studied and referred to together (DBMD).

Parts of the body that can be affected:

- Upper legs/arms, heart, lungs, throat, stomach, intestines, and spine.

Myotonic Muscular Dystrophy is a common multi-system disorder that affects the skeletal muscles (the muscles that move the limbs and trunk) as well as smooth muscles (the muscles that control the digestive system) and cardiac muscles of the heart.

Parts of the body that can be affected:

- Face, neck, arms, hands, hips, lower legs, heart, lungs, stomach, intestines, brain, eyes, and hormone-producing organs.

Limb-Girdle Muscular Dystrophy (LGMD) is a term for a group of diseases that cause weakness and wasting of the muscles in the arms and legs. The muscles most affected are those closest to the body (proximal muscles), specifically the muscles of the shoulders, upper arms, pelvic area, and thighs.

Parts of the body that can be affected:

- Upper arms/legs, heart, spine, hips, calves, and trunk.

Facioscapulohumeral Muscular Dystrophy (FSHD) is a genetic muscle disorder in which the muscles of the face, shoulder blades, and upper arms are among the most affected.

Parts of the body that can be affected:

- Face, shoulders, upper arms, eyes, ears, and lower legs.

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Congenital Muscular Dystrophy (CMD) refers to a group of muscular dystrophies that become apparent at or near birth.

Parts of the body that can be affected:

- Neck, upper arms/legs, lungs, brain, heart, and spine.

Distal Muscular Dystrophy (DD) is a group of rare diseases that affect your muscles (genetic myopathies). DD causes weakness that starts in the lower arms and legs (the distal muscles). It then may gradually spread to affect other parts of your body. The muscles shrink (atrophy).

Parts of the body that can be affected:

- Feet, hands, lower legs/arms, and heart.

Oculopharyngeal Muscular Dystrophy (OPMD) is a rare genetic condition. It causes weakness in the muscles around the upper eyelids and part of the throat called the pharynx.

Parts of the body that can be affected:

- Eyes, throat, shoulders, upper legs, and hips.

Emery-Dreifuss Muscular Dystrophy (EDMD) is a condition that primarily affects muscles used for movement (skeletal muscles) and the heart (cardiac muscles). Among the earliest features of this disorder are joint deformities called contractures.

Parts of the body that can be affected:

- Arms, legs, heart, joints, throat, shoulders and hips.

Signs and symptoms may appear as:

- Waddling gait.
- Walking on the toes.
- Muscle pain and stiffness.
- Difficulty rising from a lying or sitting position.
- Mild to moderate degrees of non-progressive intellectual impairment and learning disabilities.

Complications can include:

- Weakness and deterioration of the heart muscles (cardiomyopathy).
- Contractures and scoliosis.
- Reduced bone density.
- Breathing, coughing, and swallowing difficulties.

Treatment for Muscular Dystrophy may consist of:

- Physical, respiratory, speech, and occupational therapy.
- Surgery to have a pacemaker installed or to help correct any issues of the spine such as scoliosis.
- Drug therapy including glucocorticoids, anticonvulsants, immunosuppressants, and beta blockers.
- Gene-based therapy.

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ICD-10-CM Information

G71 Primary disorders of muscles

Excludes2 arthrogryposis multiplex congenita (Q74.3)
Metabolic disorders (E70-E88)
Myositis (M60.-)

Excludes2: "Not coded here" An excludes2 note indicates that the condition excluded is not part of the condition represented by the code, but a patient may have both conditions at the same time.

G71.00	Muscular dystrophy, unspecified
G71.01	Duchenne or Becker muscular dystrophy
G70.02	Facioscapulohumeral muscular dystrophy
G71.031	Autosomal dominant limb girdle muscular dystrophy
G71.032	Autosomal recessive limb girdle muscular dystrophy due to calpain-3 dysfunction
G71.033	Limb girdle muscular dystrophy due to dysferlin dysfunction
G71.0340	Limb girdle muscular dystrophy due to sarcoglycan dysfunction, unspecified
G71.0341	Limb girdle muscular dystrophy due to alpha sarcoglycan dysfunction
G71.0342	Limb girdle muscular dystrophy due to beta sarcoglycan dysfunction
G71.0349	Limb girdle muscular dystrophy due other sarcoglycan dysfunction
G71.035	Limb girdle muscular dystrophy due to anoctamin-5 dysfunction
G71.038	Other limb girdle muscular dystrophy
G71.039	Limb girdle muscular dystrophy, unspecified
G71.09	Other specified muscular dystrophies
G71.11	Myotonic muscular dystrophy
G71.20	Congenital myopathy, unspecified
G71.21	Nemaline myopathy
G71.220	X-linked myotubular myopathy
G71.228	Other centronuclear myopathy
G71.29	Other congenital myopathy

Documentation Best Practices

The codes for MD identify the specific form of the disease. However, in some cases this does not identify the severity of the patients' manifestations, and these should be reported in addition to the code for the type of MD.

Document all manifestations of MD when they occur and identify causal effects such as osteoporosis as an adverse effect of long-term prednisone use.

Describe orthopedic symptoms, respiratory complications, developmental delay, wheelchair dependence, dysphagia, dysphasia or cardiomyopathy. Document any intellectual disability as mild, moderate or severe.

For contractures in MD, specify whether the contracture is a muscle contracture or a joint contracture and identify the site. There are specific codes in ICD-10-CM for joint contracture (M24.5-) and for muscle contractures (M62.4-). Acronym use with muscular dystrophy should be avoided on first reference. Myotonic dystrophy type 1 and myotonic dystrophy type 2 are often abbreviated as DM1 and DM2, common acronyms for type 1 and type 2 diabetes mellitus. Spell out the first reference to avoid misinterpretation of the medical record.

References

Centers for Medicare and Medicaid Services. (2020). ICD-10-CM official guidelines for coding and reporting: FY 2024. https://www.cms.gov/files/document/2021-coding-guidelines-updated-12162020.pdf