

## Medical Affairs Policy & Procedure

**Service:** Biofeedback

<b>Revised</b>	01/20/12
<b>Reviewed</b>	02/25/00, 03/22/02, 06/28/02, 06/27/05, 07/28/06, 05/18/07, 02/15/08, 01/23/09, 02/05/10, 01/14/11
<b>Developed</b>	
<b>Policy Committee Approval</b>	01/20/12

### **Description:**

Biofeedback is a process used to teach individuals how to monitor and evaluate internal involuntary bodily functions (for example, respiration, blood pressure, muscle tension) and how to change these bodily functions through relaxation and similar techniques.

### **Indications of Coverage:**

Biofeedback is considered medically necessary in adults for Constipation, Fecal Incontinence, or Urinary Incontinence when all of the following criteria are met:

- A. The patient is able to actively participate in the treatment, including being able to participate in home exercises
- B. Correctable pathology does not exist that would prevent successful completion of the treatment
- C. One of the following conditions in is described:
  - 1) Sphincter or pelvic floor muscle wasting
  - 2) Intractable muscle spasms
  - 3) Abnormalities of spasticity, incapacitating muscle spasm, and/or muscle weakness of the involved muscles
  - 4) Need for pelvic floor retraining for urinary incontinence

Psychophysiological biofeedback therapy requires physician review.

### **Limitations of Coverage:**

- A. Review contract and endorsements for exclusions and prior authorization or benefit requirements.

- B. If used for a condition/diagnosis other than is listed in the Indications of Coverage, deny as experimental or investigative.
- C. If used for a condition/diagnosis that is listed in the Indications of Coverage, but the criteria are not met, deny as not medically necessary.
- D. More than eight sessions of biofeedback is considered not medically necessary.
- E. EEG Biofeedback is considered experimental or investigative
- F. Home biofeedback devices are considered not medically necessary as biofeedback training is best performed by a trained professional

**Documentation Required:**

- Office notes

**Rationale:**

Although there is minimal peer-reviewed literature from controlled clinical trials, guidelines from medical professional organizations recommend biofeedback therapy for the treatment of constipation and incontinence in adults. The use of biofeedback for other conditions, the superiority of biofeedback over standard treatment for conditions, or for use in children is not supported by peer-reviewed literature from randomized controlled clinical trials.

**References:**

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*Approved by the Medical Director*