

## Medical Affairs Policy & Procedure

**Title/Service:** Physical Therapy, Occupational Therapy, and Lymphedema Therapy

|                                  |                                |
|----------------------------------|--------------------------------|
| <b>Revised</b>                   |                                |
| <b>Reviewed</b>                  | 04/14/10, 04/28/10, 09/16/2011 |
| <b>Developed</b>                 | 04/14/10                       |
| <b>Policy Committee Approval</b> | 09/16/2011                     |

### **Description:**

Physical therapy is a program initiated to relieve symptoms and improve function in an individual with a physical limitation due to disease, injury, or surgery. Occupational therapy is a program initiated to allow an individual to regain skills needed to perform activities of daily living that have been limited due to disease, injury, or surgery. Lymphedema therapy is a program initiated for the management of symptoms related to an increased accumulation of lymph fluid in an extremity (arm or leg). Various modalities may be utilized, and in many cases, the same modality can be a component of a physical therapy, occupational therapy, or lymphedema therapy program.

### **Indications of Coverage:**

**Note: Many certificates of coverage have limitations in the number of therapy visits allowed during a specific time frame, and services in excess of those limitations would not be covered even when the medically necessary criteria listed below are met.**

- I. Physical therapy is considered medically necessary when the following criteria are met:
  - A. The therapy has been prescribed by a physician for an individual with a significant limitation in physical function due to disease, injury, or surgery when a home exercise program would not be adequate for decreasing those limitations.
  - B. The therapy will be performed by a licensed or certified provider and is within the scope of practice of that provider.
  - C. The therapy requires the services of a skilled provider and is for a significant limitation that is not easily eliminated or expected to resolve spontaneously as the individual increasingly resumes normal activities.
  - D. The therapy is provided in increments not to exceed 60 minutes per day, except for conditions where more than 60 minutes of therapy per day is supported by documentation in the medical record and the effectiveness of

more than 60 minutes of therapy per day for that condition is documented in peer-reviewed scientific literature.

- E. There is an evaluation with a written plan of care that includes the diagnosis, date of onset, an evaluation by the therapist, documentation of the prior functional level, assessment and measurement of the current functional level, documentation of specific objectively measurable goals, a list of the therapy techniques that will be utilized, the expected number and frequency of treatments, and initiation of a (proposed) discharge plan with a home exercise program. After therapy has been initiated, the plan of care should be updated periodically regarding measurable improvements and the contribution of the therapy services to those improvements. A reevaluation with a written plan of care may be indicated when there are new physical findings, a significant change in functional level, or when the individual fails to respond to the prescribed therapy program. The reevaluation should include an evaluation by the therapist, review and measurement of the current functional level, documentation of the degree to which the specific objectively measurable goals have been met, a reprioritization or modification of the therapy program, documentation of the effectiveness of the previous therapy and compliance with the home exercise program, and an assessment regarding the necessity of further therapy services.

A physical therapy program may include one or more of the following services (modalities):

**Note: This list includes a number of services that may be provided during a therapy program. Services included in this list may not be appropriate for the specific diagnosis being treated and may not be covered by certificate language.**

- Aquatic Therapy (hydrotherapy, pool therapy) - provided individually to severely debilitated individuals to develop strength and improve range of motion in a non-weight-bearing environment when land-based therapy is inadequate for the individual's needs and when land-based therapy is not also being performed for the same condition
- Diathermy - dry heat with high frequency current or microwave to promote healing, relieve pain, and improve range of motion
- Electrical Stimulation - provided for the management of symptoms unresponsive to other therapy modalities and used to reduce the transmission of pain signals
- Fluidotherapy (fluidized therapy) - high intensity heat delivered via a dry whirlpool of finely divided solid particles suspended in a heated air stream

- Hot/Cold Packs - hot packs are used to increase blood flow, relieve pain, and increase movement. Cold packs are used to decrease blood flow to an area to reduce pain and swelling.
  - Infrared Therapy - a form of dry heat used to increase blood flow, relieve pain, and increase movement.
  - Iontophoresis - the use of electric current for the purpose of transferring certain medications through the skin into subcutaneous (below the skin) tissue
  - Massage Therapy - the use of manual techniques, primarily using the hands, to apply fixed or movable pressure to affect the musculoskeletal or lymphatic system or nervous system to improve muscle function, relieve muscle spasm, reduce edema, and increase range of motion.
  - Myofascial Release - the use of soft tissue mobilization, similar to massage therapy, used to relieve pain, and increase movement by relaxing the muscle(s), improving lymph drainage, and stimulating the stretch reflex
  - Neuromuscular Reeducation - performed to improve balance, coordination, and posture with the goal of developing or improving control of specific muscles
  - Therapeutic Exercises - assisting with or performing exercises to develop muscle strength, increase flexibility, and improve range of motion
  - Traction - manual or mechanical pulling on extremities or spine to relieve pain and muscle spasm when performed in conjunction with other therapy modalities
  - Ultrasound - high frequency sound waves that produce a perception of heat used to relieve pain and increase movement
- If criteria for approval are met, an initial evaluation and the number of treatments specified as Initial Treatments (see condition-specific table at the end of this guideline) with progression toward an independent home exercise program may be approved. Documentation of significantly decreased strength (less than or equal to 3/5), significant pain unresponsive to analgesic medications, or altered neurological status (for example, abnormal reflexes or sensory disturbances) in the affected anatomy are adequate for the approval of Initial Treatments or Additional Treatments, even when the range of motion limitations are not met. Additional Treatments may be approved if the documentation supports measureable improvement and the individual's range of motion measurements are below acceptable levels (see condition-specific table at the end of this guideline).

- II. Occupational therapy is considered medically necessary when the following criteria are met:
- A. The therapy has been prescribed by a physician for an individual with a significant limitation in the ability to complete tasks associated with activities of daily living due to disease, injury, or surgery when a home exercise program would not be adequate for decreasing those limitations.
  - B. The therapy will be performed by a licensed or certified provider and is within the scope of practice of that provider.
  - C. The therapy requires the services of a skilled provider and is for a significant limitation that is not easily managed or is not expected to resolve as the individual increasingly resumes normal activities.
  - D. The therapy is provided in increments not to exceed 60 minutes per day, except for conditions where more than 60 minutes of therapy per day is supported by documentation in the medical record and the effectiveness of more than 60 minutes of therapy is documented in peer-reviewed scientific literature.
  - E. There is an evaluation with a written plan of care that includes the diagnosis, date of onset, an evaluation by the therapist, documentation of the prior functional level, assessment and measurement of the current functional level, documentation of specific objectively measurable goals, the expected number and frequency of treatments, and initiation of a (proposed) discharge plan with a home exercise program. After therapy has been initiated, the plan of care should be updated periodically regarding measurable improvements and the contribution of the therapy services to those improvements. A reevaluation with a written plan of care may be indicated when there are new limitations, a significant change in functional level, or when the individual fails to respond to the prescribed therapy program. The reevaluation should include an evaluation by the therapist, review and measurement of the current functional level, documentation of the degree to which the specific objectively measurable goals have been met, a reprioritization or modification of the therapy program, documentation of the effectiveness of the previous therapy and compliance with the home exercise program, and an assessment regarding the necessity of further therapy services.
- If criteria for approval are met, up to six occupational therapy treatment sessions with progression toward a home exercise program may be approved. Approval for additional occupational therapy treatments will require a reevaluation (see above) that includes an assessment regarding the necessity of further therapy services.
- III. Lymphedema therapy is considered medically necessary when the following criteria are met:

- A. The therapy has been prescribed by a physician for an individual with Grade II or Grade III lymphedema that has failed a recent (within the past three months) trial of conservative therapy that includes a home exercise program, elevation of the affected limb(s), and the use of prescription compression garments. (Grade I: Mild and intermittent lymphedema which pits easily; Grade II: Moderate and persistent lymphedema, no pitting, unrelieved by elevation; Grade III: Fibrosclerotic lymphedema or elephantiasis.)
  - B. The therapy will be performed by a licensed or certified provider and is within the scope of practice of that provider.
  - C. The therapy requires the services of a skilled provider and is for the management of a functional limitation that is directly related to the lymphedema
- If criteria for approval are met, up to ten lymphedema therapy treatments may be approved with progression toward self-management.

**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. Physical therapy is considered not medically necessary (and may be considered maintenance care or supportive care) for any of the following situations:
  - 1. When therapeutic benefit has been reached and no significant additional improvement is expected, or when a home exercise program would be adequate for improving the functional limitation
  - 2. When there is a minor limitation in function that would be expected to resolve spontaneously as the individual increasingly resumes normal activities
  - 3. When more than 60 minutes of therapy is provided per day, except for conditions where the effectiveness of more than 60 minutes of therapy per day is documented in peer-reviewed scientific literature
  - 4. For the purpose of rehabilitation or improving participation in sports or exercise activities when there is not a functional limitation.
  - 5. When improvement of the functional limitation has slowed or ceased entirely (neither improving or relapsing) over the previous two weeks

6. For therapy services that is a consequence of, or is related to, a condition, illness, or treatment that is not covered by the certificate of coverage (for example, therapy related to a surgery not covered under the policy or health plan).
- E. A physical therapy reevaluation is considered not medically necessary when performed more frequently than once a month when there is no documentation of a significant deterioration or new diagnosis.
- F. Aquatic therapy is considered not medically necessary unless land-based therapy is inadequate for the individual's needs and when land-based therapy is not also being performed for the same condition.
- G. Hippotherapy (therapy programs using horses) and other similar neuromuscular training programs are considered investigational for any condition as there is insufficient peer-reviewed scientific literature supporting the effectiveness of this technique.
- H. Occupational therapy is considered not medically necessary (and may be considered maintenance care or supportive care) for any of the following situations:
1. When maximum benefit has been reached and no significant additional improvement is expected, or when a home exercise program would not be adequate for improving the individual's ability to complete normal activities of daily living.
  2. When provided to limit deterioration in the ability to complete activities of daily living or to limit recurrence of episodes of decreased ability to complete activities of daily living.
  3. When provided to improve, maintain, or prevent deterioration of an individual's general physical conditioning, physical fitness, strength, or flexibility.
  4. When concurrently provided physical therapy services for the same anatomical region are also being provided, unless the physical therapy and occupational therapy is for the upper extremities. (Physical therapy and occupational therapy from the shoulder to digits may overlap in some cases.)
  5. For therapy services that are a consequence of, or are related to, a condition, illness, or treatment that is not covered by the certificate (for example, therapy related to a surgery not covered under the certificate).
- I. Lymphedema Therapy is considered not medically necessary for any of the following situations:

1. When ten treatments of lymphedema therapy have been unable to manage the condition
2. There is an acute infection, venous or arterial obstruction (for example, deep vein thrombosis), or malignancy in the affected limb
3. The individual is unwilling or unable to participate in a self-management program

**Documentation Required:**

- Office notes from the referring (ordering) provider
- Order for the therapy services from the referring provider (a specific prescription is not required if the office notes document the therapy services that are prescribed)
- Therapy notes

**Rationale:**

Medically necessary physical therapy services must be ordered and performed for the improvement of a functional limitation. Therapy services may be passive (the therapist manipulates the anatomy) or active (the individual is taught how to manipulate specific muscles or regions of the body). Therapy services are not generally indicated for the management of pain alone when there is no functional limitation. A variety of treatment methods (modalities) have been utilized for the improvement of a functional limitation. Several of the modalities that are regularly employed have not been evaluated in clinical trials and have little, if any, support in peer-reviewed scientific literature, even though they may be widely utilized. There is also minimal literature regarding the use of specific modalities for specific diagnoses or conditions. The use of specific modalities is largely based on the experience of the provider. The fact that multiple modalities are frequently utilized during a treatment session means that it is difficult to identify the specific modality that is effective for that condition.

Medically necessary occupational therapy services must be ordered and performed to improve an individual's abilities to complete their activities of daily living. Typical activities of daily living include personal hygiene tasks, dressing and undressing, eating, transferring from bed to chair, voluntary continence, and some degree of ambulation. Individuals may also have severe functional limitations that decrease their ability to perform their activities of daily living, but physical therapy services provided to treat the functional limitation usually result in an improved ability to perform activities of daily living, so occupational therapy performed in conjunction with physical therapy is rarely necessary, except when there are limitations in the arms. In those cases, it may be necessary to provide physical therapy and occupational therapy for the arms at the same time.

Lymphedema is a result of the failure of the lymphatic system to transport lymph fluid in the body. This leads to swelling of the soft tissues. Lymphedema is not uncommon following cancer surgery or cancer treatment. Lymphedema therapy is performed to reduce the swelling in a limb and improve function.

**References:**

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#### Condition-Specific Units of Treatment Table

| Anatomical Location/Condition                          | Initial Treatments | Additional Treatments                                                                                                                                                                                      | Typical Maximum Treatments |
|--------------------------------------------------------|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Thoracolumbosacral spine, pre-surgical or non-surgical |                    | Allow therapy when ROM is decreased by 30%. Normals: Lumbar: flexion 60; extension 25; rotation 30; lateral flexion 25 degrees. Thoracic: flexion 40, lateral flexion (side bend) 10, rotation 30 degrees. |                            |
| Ankylosing spondylitis                                 | 4 (HEP) *          | 6 (HEP)                                                                                                                                                                                                    | 12                         |
| Other spondylopathies                                  | 4 (HEP)            | 6 (HEP)                                                                                                                                                                                                    | 12                         |
| Vertebral compression fracture                         | 12 (HEP)           | 0                                                                                                                                                                                                          | 12                         |
| Dysfunctional posture with pain or disability          | 4 (HEP)            | 3 (HEP)                                                                                                                                                                                                    | 12                         |

|                                                                   |         |                                                                                                                                                                                                 |    |
|-------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| Recurrent, chronic, undifferentiated low or mid-back pain         | 4 (HEP) | As Needed                                                                                                                                                                                       | 12 |
| Lumbar disc, non-surgical                                         | 6 (HEP) | 3 (HEP)                                                                                                                                                                                         | 24 |
| Thoracic disc                                                     | 6 (HEP) | 3 (HEP)                                                                                                                                                                                         | 24 |
| Myofasciitis                                                      | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Sacroiliac dysfunction with pain                                  | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Sciatica or sciatic pain radiation                                | 4 (HEP) | 4 (HEP)                                                                                                                                                                                         | 16 |
| Scoliosis, acquired                                               | 6 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Spondylolisthesis with pain                                       | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 15 |
| Spinal stenosis                                                   | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 12 |
| Strain or sprain, lumbosacral                                     | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Thoracolumbosacral spine, post-surgical                           |         |                                                                                                                                                                                                 |    |
| Discectomy, arthroscopic                                          | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 7  |
| Discectomy, open, post-op                                         | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Fracture (post ORIF)                                              | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Fusion, lumbar                                                    | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Laminectomy, lumbosacral                                          | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Cervical spine or upper thorax, pre-surgical or non-surgical      |         | Allow therapy when ROM is decreased by 30%. Normals: flexion 60, extension 75, lateral rotation 80, lateral flexion (side bend) 45 degrees. Documentation should specify whether right or left. |    |
| Cervical arthritis, chronic                                       | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 7  |
| Cervical disc syndrome – radiculopathy or herniated disc          | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 15 |
| Compression fracture – cervico-thoracic region                    | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 10 |
| Myofasciitis (cervical; upper back/neck myofascial pain)          | 4 (HEP) | 2 (HEP)                                                                                                                                                                                         | 8  |
| Scoliosis, Kyphoscoliosis (structural deformity) with pain, spasm | 4 (HEP) | 2 (HEP)                                                                                                                                                                                         | 8  |
| Spondylosis without myelopathy                                    | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Strain/sprain (cervical; trapezius; upper back and neck)          | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 12 |
| Whiplash                                                          | 4 (HEP) | As Needed                                                                                                                                                                                       | 18 |
| Cervical Stenosis                                                 | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 12 |
| Synovitis                                                         | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 12 |
| Thoracic Outlet Syndrome                                          | 6 (HEP) | 2 (HEP)                                                                                                                                                                                         | 16 |
| Cervical spine or upper thorax, post-surgical                     |         |                                                                                                                                                                                                 |    |
| Discectomy (arthroscopic procedure)                               | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Fracture (post ORIF)                                              | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Fusion                                                            | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Laminectomy                                                       | 4 (HEP) | 3 (HEP)                                                                                                                                                                                         | 9  |
| Shoulder, pre-surgical or non-surgical                            |         | Allow therapy when ROM is decreased by 30%. Normals: flexion 180; extension 50; abduction 180; internal rotation 90; external rotation                                                          |    |

|                                                                                                            |          | 90 degrees.                                                                                                                       |    |
|------------------------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------|----|
| Bursitis (rotator cuff, supraspinatus)                                                                     | 4 (HEP)  | 3 (HEP)                                                                                                                           | 12 |
| Adhesive bursitis or capsulitis without frozen shoulder or shoulder joint pain                             | 6 (HEP)  | 3 (HEP)                                                                                                                           | 15 |
| Adhesive bursitis or capsulitis with frozen shoulder                                                       | 4 (HEP)  | 3 (HEP)                                                                                                                           | 9  |
| Degenerative joint pain, Osteoarthritis pain, or Pain not otherwise specified (NOS) of the shoulder region | 4 (HEP)  | 3 (HEP)                                                                                                                           | 15 |
| Dislocation, anterior, unstable, primary or recurrent                                                      | 4 (HEP)  | 3 (HEP)                                                                                                                           | 12 |
| Impingement                                                                                                | 4 (HEP)  | 3 (HEP)                                                                                                                           | 9  |
| Myofasciitis                                                                                               | 4 (HEP)  | 3 (HEP)                                                                                                                           | 9  |
| Strain/sprain                                                                                              | 4 (HEP)  | 3 (HEP)                                                                                                                           | 12 |
| Tendinitis, adhesive or calcific                                                                           | 4 (HEP)  | 3 (HEP)                                                                                                                           | 12 |
| Thoracic outlet syndrome                                                                                   | 6 (HEP)  | 2 (HEP)                                                                                                                           | 8  |
| <b>Shoulder, post-surgical</b>                                                                             |          |                                                                                                                                   |    |
| Acromioplasty                                                                                              | 8 (HEP)  | 4 (HEP)                                                                                                                           | 18 |
| Arthroscopy, diagnostic                                                                                    | 4 (HEP)  | 0                                                                                                                                 | 4  |
| Arthroscopic surgery                                                                                       | 4 (HEP)  | 2 (HEP)                                                                                                                           | 8  |
| Closed fracture, without frozen shoulder                                                                   | 8 (HEP)  | 3 (HEP)                                                                                                                           | 30 |
| ORIF fracture, without frozen shoulder                                                                     | 8 (HEP)  | 3 (HEP)                                                                                                                           | 20 |
| Impingement release                                                                                        | 4 (HEP)  | 3 (HEP)                                                                                                                           | 11 |
| Primary dislocation                                                                                        | 6 (HEP)  | 0                                                                                                                                 | 6  |
| Rotator cuff repair with distal clavicle resection                                                         | 8 (HEP)  | 3 (HEP)                                                                                                                           | 20 |
| Shoulder replacement or arthroplasty                                                                       | 12 (HEP) | 2 (HEP)                                                                                                                           | 20 |
| Bankhart procedure                                                                                         | 12 (HEP) | 2 (HEP)                                                                                                                           | 20 |
| Tendon rupture or post-op shoulder instability                                                             | 6 (HEP)  | 3 (HEP)                                                                                                                           | 24 |
| <b>Elbow or Upper extremity, pre-surgical or non-surgical</b>                                              |          | Allow therapy when ROM is decreased by 40%. Normals: flexion 60; extension 75; supination 80; pronation 80; side bend 45 degrees. |    |
| Bursitis                                                                                                   | 4 (HEP)  | 3 (HEP)                                                                                                                           | 20 |
| Cubital tunnel syndrome (ulnar nerve compression or entrapment)                                            | 4 (HEP)  | 3 (HEP)                                                                                                                           | 9  |
| Epicondylitis or forearm strain (lateral or tennis elbow; medial or golfer's elbow/little leaguer's elbow) | 4 (HEP)  | 2 (HEP)                                                                                                                           | 12 |
| Fracture (post-cast removal, closed) including arm or forearm fractures                                    | 6 (HEP)  | 3 (HEP)                                                                                                                           | 30 |
| Sprains/strains                                                                                            | 4 (HEP)  | 2 (HEP)                                                                                                                           | 9  |
| Amputation, upper extremity                                                                                | 6 (HEP)  | 6 (HEP)                                                                                                                           | 24 |
| Arthroscopic procedures                                                                                    | 3 (HEP)  | 2 (HEP)                                                                                                                           | 6  |
| Collateral ligament repair (lateral, medial)                                                               | 4 (HEP)  | 2 (HEP)                                                                                                                           | 7  |
| Fascial release                                                                                            | 4 (HEP)  | 2 (HEP)                                                                                                                           | 7  |
| Fracture (with ORIF)                                                                                       | 6 (HEP)  | 3 (HEP)                                                                                                                           | 30 |
| Nerve transposition                                                                                        | 4 (HEP)  | 2 (HEP)                                                                                                                           | 7  |

|                                                     |          |                                                                                                                                                                                                                                                                                                                                                                                                                     |    |
|-----------------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| Primary dislocation                                 | 4 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 6  |
| Total elbow replacement or arthroplasty             | 12 (HEP) | 6 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 30 |
| Forearm or wrist, pre-surgical or non-surgical      |          | Allow therapy when ROM is decreased by 30%. Normals: Wrist: flexion 60; extension 60; ulnar deviation 30, radial deviation 20; supination 80 degrees. Forearm: pronation 80, Supination 80 degrees. Digit: metacarpal phalangeal (MP) 0-90; proximal interphalangeal (PIP) 0-100; distal interphalangeal (DIP) 0-70 degrees. Thumb: MP 0-60; IP 0-80, radial abduction 50 degrees; adduction 0 cm, opposition 8 cm. |    |
| Carpal tunnel syndrome                              | 6 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 16 |
| Degenerative joint disease or osteoarthritis        | 6 (HEP)  | 6 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 12 |
| Reflex Sympathetic Dystrophy (RSD)                  | 3 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 5  |
| Strains/sprains                                     | 4 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 9  |
| Synovitis                                           | 4 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 6  |
| Tendinitis, calcific                                | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 16 |
| Tendinitis (extensor/flexor digitorum longus)       | 4 (HEP)  | 2 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 12 |
| Tenosynovitis                                       | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 12 |
| Lower arm or wrist, post-surgical                   |          |                                                                                                                                                                                                                                                                                                                                                                                                                     |    |
| Arthroscopic procedure                              | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 12 |
| Carpal tunnel release (CTR), endoscopic             | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 12 |
| Carpal tunnel release (CTR), open                   | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 18 |
| Entrapment release, ulnar nerve                     | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 18 |
| Entrapment release, radial nerve                    | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 18 |
| Fracture, distal arm                                | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 20 |
| Joint replacement, wrist and/or hand or fingers     | 4 (HEP)  | 4 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 40 |
| Muscle repair                                       | 4 (HEP)  | 3 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 18 |
| Open wound (wrist or hand) with tendon involvement  | 4 (HEP)  | 4 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 36 |
| Tendon repair, flexor                               | 12 (HEP) | 0                                                                                                                                                                                                                                                                                                                                                                                                                   | 12 |
| Hand including fingers, presurgical or non-surgical |          | Allow therapy when ROM is decreased by 40%. Normals: Wrist: flexion 60; extension 60; ulnar deviation 30, radial deviation 20; supination 80 degrees. Forearm: pronation 80, supination 80 degrees. Digit: metacarpal phalangeal (MP) 0-90; proximal interphalangeal (PIP) 0-100; distal interphalangeal (DIP) 0-70. Thumb: MP 0-60; IP 0-80, radial abduction 50 degrees; adduction 0 cm, opposition 8 cm.         |    |
| Fracture (post-cast removal; navicular; metacarpal) | 4 (HEP)  | 4 (HEP)                                                                                                                                                                                                                                                                                                                                                                                                             | 10 |

|                                                                                           |         |                                                                                                            |    |
|-------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------------------------|----|
| Dupreyten's contracture(s)                                                                | 4 (HEP) | 2 (HEP)                                                                                                    | 6  |
| Nerve entrapment, ulnar                                                                   | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| PIP joint injuries                                                                        | 4 (HEP) | 2 (HEP)                                                                                                    | 20 |
| Reflex Sympathetic dystrophy                                                              | 6 (HEP) | 6 (HEP)                                                                                                    | 30 |
| Strains/sprains                                                                           | 4 (HEP) | 2 (HEP)                                                                                                    | 10 |
| Synovitis                                                                                 | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| Tendinitis (digitorum longus)                                                             | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| Tenosynovitis; including radial styloid, de Quervain's (DeQuervain's)                     | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| <b>Hand including fingers, post-surgical</b>                                              |         |                                                                                                            |    |
| Finger joint replacement                                                                  | 9 (HEP) | 3 (HEP)                                                                                                    | 18 |
| Fracture, metacarpal (post ORIF)                                                          | 4 (HEP) | 3 (HEP)                                                                                                    | 14 |
| Fracture, phalanges, complex, open (post ORIF)                                            | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| Fracture, multiple, wrist & hand region (post ORIF)                                       | 4 (HEP) | 3 (HEP)                                                                                                    | 11 |
| Joint Reconstruction                                                                      | 4 (HEP) | As needed (HEP)                                                                                            | 30 |
| Ligament repair/reconstruction (post rupture)                                             | 6 (HEP) | 3 (HEP)                                                                                                    | 24 |
| Nerve entrapment release, carpal tunnel (median nerve)                                    | 4 (HEP) | 3 (HEP)                                                                                                    | 18 |
| Open wound (wrist or hand) with tendon involvement                                        | 4 (HEP) | As needed (HEP)                                                                                            | 36 |
| Reconstructive hand surgery                                                               | 4 (HEP) | As needed (HEP)                                                                                            | 36 |
| Tendon graft/repairs                                                                      | 4 (HEP) | As needed (HEP)                                                                                            | 36 |
| Tendon repair, extensor                                                                   | 6 (HEP) | 6 (HEP)                                                                                                    | 18 |
| Tendon repair, flexor                                                                     | 6 (HEP) | 3 (HEP)                                                                                                    | 24 |
| Tendon repair, trigger finger                                                             | 4 (HEP) | 0                                                                                                          | 4  |
| Total Joint Replacement Arthroplasty                                                      | 4 (HEP) | As needed (HEP)                                                                                            | 40 |
| Tenosynovitis; de Quervain's (DeQuervain's) post-op                                       | 4 (HEP) | 3 (HEP)                                                                                                    | 20 |
| <b>Hip, pre-surgical or non-surgical</b>                                                  |         | Allow therapy when ROM is decreased by 30%. Normals: flexion = 125; extension = 0; abduction = 30 degrees. |    |
| Bursitis, Sprains, Strains (adductor/groin pull; gluteal; hamstring; tensor fascia latae) | 4 (HEP) | 3 (HEP)                                                                                                    | 12 |
| Degenerative joint disease, hip                                                           | 4 (HEP) | 4 (HEP)                                                                                                    | 8  |
| Tendinitis (adductor; gluteal; hamstring; psoas; iliotibial band)                         | 6 (HEP) | 3 (HEP)                                                                                                    | 12 |
| Tenosynovitis                                                                             | 6 (HEP) | 3 (HEP)                                                                                                    | 16 |
| <b>Post-surgical, hip and pelvis</b>                                                      |         |                                                                                                            |    |
| Pelvis fracture                                                                           | 6 (HEP) | 3 (HEP)                                                                                                    | 12 |
| Hip fracture, post-repair (non-weight bearing)                                            | 6 (HEP) | As needed (HEP)                                                                                            | 28 |
| Hip fracture, post-repair (weight bearing)                                                | 6 (HEP) | 4 (HEP)                                                                                                    | 16 |
| Total hip replacement                                                                     | 4 (HEP) | 3 (HEP)                                                                                                    | 24 |
| <b>Knee or leg, pre-surgical or non-surgical</b>                                          |         | Allow therapy when ROM is                                                                                  |    |

|                                                                                                 |         |                                                                                                                                                               |    |
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|                                                                                                 |         | decreased by 30%. Normals: flexion 0 to 135; extension 0 degrees.                                                                                             |    |
| Ankylosis/ Contracture/Stiffness                                                                | 4 (HEP) | As needed (HEP)                                                                                                                                               | 9  |
| Bursitis, patellar                                                                              | 6 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Degenerative joint disease, osteoarthritis                                                      | 4 (HEP) | 2 (HEP)                                                                                                                                                       | 6  |
| Derangement, ACL                                                                                | 9 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Derangement, PCL                                                                                | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Derangement, lateral collateral                                                                 | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Derangement, medial collateral                                                                  | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Derangement, lateral meniscus                                                                   | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Derangement, medial meniscus                                                                    | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Myositis (adductor; gluteal; hamstring; iliopsoas; psoas)                                       | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Myositis, ossificans                                                                            | 6 (HEP) | 4 (HEP)                                                                                                                                                       | 14 |
| Patello-femoral instability or chondromalacia                                                   | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Patellar subluxation                                                                            | 6 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Reflex Sympathetic Dystrophy (RSD)                                                              | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Strains or sprains (hamstring; quad; adductor; tensor fascia latae or iliotibial band syndrome) | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 16 |
| Tendinitis (hamstring)                                                                          | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Tendinitis, iliotibial band syndrome; pes anserinus                                             | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Tendinitis, patellar                                                                            | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Tendinitis, Achilles or posterior tibialis (shin splints)                                       | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| <b>Post Surgery - Knee</b>                                                                      |         |                                                                                                                                                               |    |
| Amputation, AKA or BKA with subsequent prosthesis                                               | 6 (HEP) | 6 (HEP)                                                                                                                                                       | 15 |
| Anterior cruciate ligament (ACL) reconstruction                                                 | 8 (HEP) | 4 (HEP)                                                                                                                                                       | 18 |
| Arthroscopic procedures, knee                                                                   | 4 (HEP) | 2 (HEP)                                                                                                                                                       | 9  |
| Derangement, surgical repair                                                                    | 6 (HEP) | 6 (HEP)                                                                                                                                                       | 18 |
| Fracture, post-cast removal; (femoral; patellar; tibial plateau)                                | 4 (HEP) | 4 (HEP)                                                                                                                                                       | 40 |
| Meniscal repair, knee                                                                           | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 7  |
| Posterior Cruciate Ligament Reconstruction                                                      | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 30 |
| Total Knee Replacement                                                                          | 6 (HEP) | 6 (HEP)                                                                                                                                                       | 30 |
| Lower leg or ankle, pre-surgical or non-surgical                                                |         | Allow therapy when ROM is decreased by 30%. Normals: dorsiflexion 15 with knee flexed; 10 in subtalar neutral with knee extended; plantar flexion 40 degrees. |    |
| Bursitis or tendinitis, Achilles or posterior tibialis (shin splints)                           | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 12 |
| Claudication                                                                                    | 4 (HEP) | 2 (HEP)                                                                                                                                                       | 6  |
| Degenerative joint disease                                                                      | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 9  |
| Diabetic w/foot abnormalities                                                                   | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 9  |
| Reflex sympathetic dystrophy                                                                    | 4 (HEP) | 3 (HEP)                                                                                                                                                       | 9  |
| Sprains, strains, instability                                                                   | 4 (HEP) | 2 (HEP)                                                                                                                                                       | 7  |

|                                                                                       |                                                                                                                                                                                                       |         |    |
|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----|
| Synovitis                                                                             | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 7  |
| Tarsal tunnel syndrome                                                                | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Tendinitis – ankle, foot region                                                       | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Tenosynovitis                                                                         | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Venous stasis ulcers                                                                  | 4 (HEP)                                                                                                                                                                                               | 2 (HEP) | 6  |
| <b>Lower leg or ankle, post-surgical</b>                                              |                                                                                                                                                                                                       |         |    |
| Amputation, lower extremity                                                           | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 24 |
| Arthroscopic procedures                                                               | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 7  |
| Lower leg fracture; tibia and/or fibula, closed                                       | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 30 |
| Fracture (post ORIF, Tibial)                                                          | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 30 |
| Ankle (trimalleolar) fracture(post cast removal)                                      | 6 (HEP)                                                                                                                                                                                               | 3 (HEP) | 24 |
| Ligament reconstruction/repair                                                        | 12 (HEP)                                                                                                                                                                                              | 4 (HEP) | 24 |
| Muscle repair (post rupture triceps; gastrocnemius and/or soleus; tibialis; peroneal) | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 16 |
| Reconstructive Procedures                                                             | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 10 |
| Tarsal tunnel release                                                                 | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 10 |
| Tendon repair (post-rupture Achilles; peroneal; tibial)                               | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Total joint replacement arthroplasty                                                  | 10 (HEP)                                                                                                                                                                                              | 6 (HEP) | 36 |
| Foot including toes, pre-surgical or non-surgical                                     | Allow therapy when ROM is decreased by 30%. Normals: plantar flexion 25; dorsiflexion 10 in subtalar neutral with knee extended or 15 with knee flexed; hallux dorsiflexion 60; extension 40 degrees. |         |    |
| Bursitis, foot                                                                        | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Bursitis, toe                                                                         | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 7  |
| Capsulitis                                                                            | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Fasciitis, plantar                                                                    | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 10 |
| Fracture, toe                                                                         | 0                                                                                                                                                                                                     | 0       | 0  |
| Metatarsalgia                                                                         | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 10 |
| Morton's neuroma                                                                      | 4 (HEP)                                                                                                                                                                                               | 0       | 4  |
| Myofasciitis                                                                          | 6 (HEP)                                                                                                                                                                                               | 3 (HEP) | 13 |
| Pes cavus, Pes planovalgus, or Pes planus                                             | 4 (HEP)                                                                                                                                                                                               | 0       | 4  |
| Plantar Nerve Disorders                                                               | 4 (HEP)                                                                                                                                                                                               | 0       | 4  |
| Strains or sprains                                                                    | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 18 |
| Synovitis                                                                             | 6 (HEP)                                                                                                                                                                                               | 4 (HEP) | 16 |
| Tarsal tunnel syndrome                                                                | 6 (HEP)                                                                                                                                                                                               | 4 (HEP) | 12 |
| Tendinitis                                                                            | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Tenosynovitis                                                                         | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 14 |
| <b>Foot including toes, post-surgical</b>                                             |                                                                                                                                                                                                       |         |    |
| Bunionectomy                                                                          | 4 (HEP)                                                                                                                                                                                               | 3 (HEP) | 12 |
| Fracture (post ORIF); (metatarsal, tarsal)                                            | 4 (HEP)                                                                                                                                                                                               | 2 (HEP) | 12 |
| Post ligament rupture (deltoid; collateral)                                           | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 40 |
| Post tendon rupture, unspecified                                                      | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 36 |
| Post tendon rupture, Achilles                                                         | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 36 |
| Post tendon rupture, foot other than Achilles                                         | 6 (HEP)                                                                                                                                                                                               | 6 (HEP) | 36 |

|                        |         |         |    |
|------------------------|---------|---------|----|
| Hallux Rigidus/Limitus | 6 (HEP) | 3 (HEP) | 12 |
|------------------------|---------|---------|----|

- HEP – Home Exercise Program. Participation in a home exercise program and transition to a home exercise program should be implemented with the first treatment and continued throughout the treatment program

*Approved by the Medical Director*