

Mechanical Stretching Devices

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Definitions

<p>Dynamic splinting devices</p>	<p>A bilateral spring loaded tensioning device that helps to increase joint range of motion by applying a low-load prolonged-duration stretch.</p> <p>When used in combination with traditional physical therapy, the dynamic splint can reduce recovery time and maximize the overall range of motion for a joint.</p> <p>These may also be referred to as (low-load prolonged-duration stretch [LLPS]) devices.</p>
<p>Static progressive stretching (SPS) devices (aka bi-directional static progressive stretch)</p>	<p>The incremental, periodic application of stress relaxation (SR) loading.</p> <p>In SR loading, tissue is stretched and held at a constant length and the amount of force is reduced over time.</p>
<p>Patient-actuated serial stretch (PASS) devices (aka extensionators or flexionators)</p>	<p>Custom-fitted devices that supply a low–high level load to the joint using pneumatic or hydraulic systems that can be adjusted by the patient.</p>

Guideline

Members with the DME benefit are eligible for coverage of mechanical stretching devices for the finger, wrist, forearm and elbow.

(Note: For Medicare members only, the following additional device types and indications may be covered — dynamic adjustable shoulder systems, SRS [bi-directional] devices for the ankle and knee)

Splinting must be applied within the adaptive phase of wound healing or within 100 days from the date of injury or trauma.

Application is most appropriate under any of the following circumstances:

1. Adjunct to physical therapy when persistent joint stiffness is present; either:

- a. Post-operative phase
- b. Sub-acute injury phase

(Initiation must be ≥ 3 weeks post the event, but not ≥ 4 months after the event)

- 2. Acute post operative period when surgery is performed to enhance range of motion in a previously affected joint.

For members unable to benefit and/or perform physical therapy (improvement must be evident within 4 months; see Limitations/Exclusions below).

Limitations/Exclusions

Mechanical stretching devices are not considered medically necessary for any indication other than those listed above or when any of the following are applicable:

- 1. ≥ 100 days post initial injury or trauma.
- 2. Pediatric use.
- 3. Prophylactic use for any of the following conditions (except in cases when the device is for post-surgical use of a chronic condition and whereby the appropriateness criteria put forth in the Guideline section are met):
 - a. Chronic contractures
 - b. Joint stiffness secondary to any of the following:
 - i. Burns
 - ii. Cerebral palsy
 - iii. Fractures
 - iv. Head and spinal chord injuries
 - v. Multiple sclerosis
 - vi. Muscular dystrophy
 - vii. Rheumatoid arthritis
 - viii. Trauma

Applicable Procedure Codes

E1399	Durable medical equipment, miscellaneous
E1800	Dynamic adjustable elbow extension/flexion device, includes soft interface material
E1801	Static progressive stretch elbow device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories
E1802	Dynamic adjustable forearm pronation/supination device, includes soft interface material
E1805	Dynamic adjustable wrist extension/flexion device, includes soft interface material
E1806	Static progressive stretch wrist device, flexion and/or extension, with or without range of motion adjustment, includes all components and accessories
E1810	Dynamic adjustable knee extension/flexion device, includes soft interface material (Medicare members only)
E1811	Static progressive stretch knee device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories (Medicare members only)
E1816	Static progressive stretch ankle device, flexion and/or extension, with or without range of motion adjustment, includes all components and accessories (Medicare members only)
E1818	Static progressive stretch forearm pronation/supination device, with or without range of motion adjustment, includes all components and accessories
E1821	Replacement soft interface material/cuffs for bi-directional static progressive stretch device

E1825	Dynamic adjustable finger extension/flexion device, includes soft interface material
E1831	Static progressive stretch toe device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories
E1840	Dynamic adjustable shoulder flexion/abduction/rotation device, includes soft interface material (shoulder indication is covered only for Medicare members)
29126	Application of short arm splint (forearm to hand); dynamic
29131	Application of finger splint; dynamic
29260	Strapping; elbow, wrist
29280	Strapping; hand, finger

Applicable ICD-10 Diagnosis Codes

M24.521	Contracture, right elbow
M24.522	Contracture, left elbow
M24.529	Contracture, unspecified elbow
M24.531	Contracture, right wrist
M24.532	Contracture, left wrist
M24.539	Contracture, unspecified wrist
M24.541	Contracture, right hand
M24.542	Contracture, left hand
M24.549	Contracture, unspecified hand
M25.621	Stiffness of right elbow, not elsewhere classified
M25.622	Stiffness of left elbow, not elsewhere classified
M25.629	Stiffness of unspecified elbow, not elsewhere classified
M25.631	Stiffness of right wrist, not elsewhere classified
M25.632	Stiffness of left wrist, not elsewhere classified
M25.639	Stiffness of unspecified wrist, not elsewhere classified
M25.641	Stiffness of right hand, not elsewhere classified
M25.642	Stiffness of left hand, not elsewhere classified
M25.649	Stiffness of unspecified hand, not elsewhere classified

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Specialty-matched clinical peer review.

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