

## Medical Coverage Policy | Dry Hydrotherapy for Chronic Pain Conditions



**EFFECTIVE DATE:** 11 | 01 | 2022

**POLICY LAST UPDATED:** 11 | 15 | 2023

### OVERVIEW

Dry hydrotherapy, also known as hydromassage or aquamassage, is a massage treatment modality that circulates heated, pressurized water in a self-contained device such as a bed or chair. The individual remains clothed and dry as they sit or lie on top of a waterproof barrier containing rotating and pulsating interior jets. Purported benefits of dry hydrotherapy include alleviation of pain, increased blood circulation, improved range of motion, and decreased need for other interventions.

### MEDICAL CRITERIA

Not applicable

### PRIOR AUTHORIZATION

Not applicable

### POLICY STATEMENT

#### Medicare Advantage Plans

The use of dry hydrotherapy massagers for the treatment of chronic pain conditions is not covered as the evidence is insufficient to determine the effects of the technology on health outcomes.

#### Commercial Products

The use of dry hydrotherapy massagers for the treatment of chronic pain conditions is not medically necessary as the evidence is insufficient to determine the effects of the technology on health outcomes.

### BACKGROUND

Dry hydrotherapy, also known as hydromassage or aquamassage, is a massage treatment modality that circulates streams of heated, pressurized water in a self-contained device such as a bed or chair. The individual remains clothed and dry as they sit or lie on top of a waterproof barrier containing rotating and pulsating interior jets. Purported benefits of dry hydrotherapy include alleviation of pain, increased blood circulation, improved range of motion, deep relaxation, and reduction of stress and anxiety. Use of dry hydrotherapy has also been suggested to reduce the need for other interventions, by combining the effects of traditional wet hydrotherapy, massage therapy, acupressure, heat therapy, soft tissue manipulation, and trigger point therapy without the need for additional health staff.

Specific physiological effects claimed on the Sidmar manufacturer site for its hydromassage tables include purported physiological effects stemming from application of radiant heat and massage. Purported physiologic effects of radiant heat include analgesic, antispasmodic, decongestive, sedative, and vasodilatory properties, leading to reduced pain, increased relaxation, enhanced capillary blood flow, decreased spasticity, tenderness, and spasm, and increased rates of healing. Purported benefits of massage include increased local blood supply, increased lymphatic drainage and reduction of swelling, muscle relaxation, prevention of adhesions and fibrosis, decreased tendency toward muscle atrophy, and pain reduction and increased ease of mobility.

### Regulatory Status

Dry hydrotherapy devices are classified by the U.S. Food and Drug Administration (FDA) as class I therapeutic massagers, which are defined as electrically powered devices intended for medical purposes, such as to relieve minor muscle aches and pains. Class I devices are exempt from 510(k) requirements and do not

require submission of clinical data regarding efficacy but only notification of FDA prior to marketing (FDA Product Code: ISA; Sec. 890.5660).

Dry hydrotherapy does not involve water immersion and should not be confused with immersion hydromassage baths or powered sitz baths (FDA Product Code: ILJ; Sec. 890.5100).

Examples of currently marketed dry hydrotherapy devices include but may not be limited to HydroMassage branded (previously AquaMED) beds and loungers (JTL Enterprises Inc.), Massage Time Pro S10 or ComfortWave S10 branded hydromassage tables (Sidmar Manufacturing Inc.), and SolaJet® Dry-Hydrotherapy Systems.

## **CODING**

### **Medicare Advantage Plans and Commercial Products**

There is not a specific code(s) for this service. Claims must be filed with the following unlisted code(s):

**97039** Unlisted modality (specify type and time if constant attendance)

## **RELATED POLICIES**

Unlisted Procedures

## **PUBLISHED**

Provider Update, January 2024

Provider Update, September 2022

## **REFERENCES**

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- 4.SolaJet. The SolaJet. 2023; <https://www.solajet.com/products>. Accessed September 13, 2023.
- 5.Washington State Department of Labor & Industries. AquaMED Technology Assessment. 1998;[https://www.lni.wa.gov/patient-care/treating-patients/treatment-guidelines-and-resources/\\_docs/AquaMedTA.pdf](https://www.lni.wa.gov/patient-care/treating-patients/treatment-guidelines-and-resources/_docs/AquaMedTA.pdf). Accessed September 13, 2023.
- 6.Chiropractic Economics. AquaMED and HydroMassage announce brand integration. January 28, 2009;<https://www.chiroeco.com/aquamed-and-hydromassage-announce-brand-integration/>. Accessed September 13, 2023.
- 7.HydroMassage. HydroMassage Benefits: Ways Water Massage Can Improve Wellness & Recovery. January 20, 2022;<https://www.hydromassage.com/blog/hydromassage-benefits-for-wellness-recovery/>. Accessed September 13, 2023.
- 8.National Institute for Health and Care Excellence (NICE). NICE guideline [NG65]. Spondyloarthritis in over 16s: diagnosis and management. February 28, 2017; <https://www.nice.org.uk/guidance/ng65>. Accessed September 13, 2023.

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