Payment Policy | Dynamic Splinting

EFFECTIVE DATE: 12|01|2014
POLICY LAST UPDATED: 11|04|2014

OVERVIEW

Dynamic splinting systems are spring-loaded, adjustable devices designed to provide a low-load, prolonged stretch to joints while an individual is asleep or at rest.

PRIOR AUTHORIZATION

Not applicable.

POLICY STATEMENT

Blue CHiP for Medicare and Commercial

Dynamic splinting is considered **not medically necessary** for use in the management of contractures of the shoulder and toe as there is insufficient peer-reviewed scientific literature that demonstrates that the procedure/service is effective.

MEDICAL CRITERIA

Not applicable.

BACKGROUND

Dynamic splinting may be used for joints that have a reduced range of motion secondary to immobilization, surgery, contracture, fracture, dislocation, as well as a number of non-traumatic disorders. The goal of dynamic splinting is to increase the range of motion of the joint by applying steady, gentle force to the joint over a long period of time. Stretching of the joint can occur in one or both directions depending upon the device used. The device is manually controlled by the individual and is an adjunct to therapy.

There is no scientific literature to support the use of Dynamic Splinting for use in the management of contractures of the shoulder and toe, and is therefore considered not medically necessary for those joints.

COVERAGE

Benefits may vary between groups/contracts. Please refer to the appropriate Evidence of Coverage or Subscriber Agreement for limitations of benefits/coverage when services are not medically necessary.

CODING

BlueCHiP for Medicare and Commercial

The following items are considered **not medically necessary**:

E1830, E1831, E1840, E1841

RELATED POLICIES

Preauthorization via Web-Based Tool for Durable Medical Equipment (DME)

PUBLISHED

Provider Update	Jan	2015
Provider Update	Aug	2013
Provider Update	Jul	2012
Provider Update	Jan	2012
Provider Update	Oct	2009

Provider Update	Oct	2008
Policy Update	Mar	2008

REFERENCES

1. McKee J. ARM stretching device reduces ankle stiffness. *American Academy of Orthopaedic Surgeons (AAOS) Now,*June 2008. Retrieved 7/9/08 from: http://www6.aaos.org/news/PDFopen/PDFopen.cfm?page_url=http://www.aaos.org/news/aaos now/jun08/clinical1.asp.

2. COMMON FOOT PROBLEMS: Callouses and Bunions, Corns, and other hyperkeratotic Lesions. Retrieved 9/6/07 from: http://www.medical-library.org/journals4a/foot_problems.htm.

3. Teresa M Steffen, PhD, PT, Louise A Mollinger, PT. *Physical Therapy.*Vol 75, Number 10 / Octoher 1995,Low-load, prolonged stretch in the treatment of knee flexion contractures in nursing home residents. Retrieved 9/24/2007 from: http://www.ptjournal.org/cgi/reprint/75/10/886.pdf.