CareSource

MEDICAL POLICY STATEMENT
Marketplace

Policy Name & Number	Date Effective
Mechanical Stretching Devices MP-MM-1382	GA, IN, KY, WV: 02/01/2023-08/31/2023 OH: 03/01/2023-08/31/2023
Policy Type	
MEDICAL	

Medical Policy Statement prepared by CareSource and its affiliates are derived from literature based on and supported by clinical guidelines, nationally recognized utilization and technology assessment guidelines, other medical management industry standards, and published MCO clinical policy guidelines. Medically necessary services include, but are not limited to, those health care services or supplies that are proper and necessary for the diagnosis or treatment of disease, illness, or injury and without which the patient can be expected to suffer prolonged, increased or new morbidity, impairment of function, dysfunction of a body organ or part, or significant pain and discomfort. These services meet the standards of good medical practice in the local area, are the lowest cost alternative, and are not provided mainly for the convenience of the member or provider. Medically necessary services also include those services defined in any Evidence of Coverage documents, Medical Policy Statements, Provider Manuals, Member Handbooks, and/or other policies and procedures.

Medical Policy Statements prepared by CareSource and its affiliates do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage) for the service(s) referenced in the Medical Policy Statement. If there is a conflict between the Medical Policy Statement and the plan contract (i.e., Evidence of Coverage), then the plan contract (i.e., Evidence of Coverage) will be the controlling document used to make the determination. According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

This policy applies to the following Marketplace(s):				
☒ **Georgia**	☒ **Indiana**	☒ **Kentucky**	☒ **Ohio**	☒ **West Virginia**

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A. Subject

Mechanical Stretching Devices

B. Background

Mechanical stretching devices are intended to restore range of motion (ROM) for joint stiffness or contracture by stretching joints. These devices provide passive stretching to an adjustable degree for a selected duration for multiple sessions. A variety of mechanical stretching devices are available for extension or flexion of the shoulder, elbow, wrist, fingers, knee, ankle, and toes. These devices can provide stretching for longer periods than a physical therapist is able to and are generally used as adjunct treatment to physical therapy and/or exercise.

Mechanical Stretching Devices (also known as dynamic splinting systems) include:

- Low-load prolonged duration stretch devices (LLPS),
- Static progressive stretch (SPS) splint devices, and
- Patient actuated serial stretch (PASS) devices.

C. Definitions

- **Low-load prolonged duration stretch devices (LLPS) –** These devices permit resisted active and passive motion (elastic traction) within a limited range. LLPS devices maintain a set level of tension by means of incorporated rubber bands or springs.
- **Patient actuated serial stretch (PASS) devices –** These devices hold the joint in a set position but allow for manual modification of the joint angle and may allow for active motion without resistance (inelastic traction). This type of device itself does not exert a stress on the tissue unless the joint angle is set at the maximum ROM.
- **Static progressive stretch devices (SPS) –** These devices hold the joint in a set position but allow for manual modification of the joint angle and may allow for active motion without resistance (inelastic traction).

D. Policy

I. CareSource considers dynamic splinting devices medically necessary durable medical equipment (DME) as an adjunct treatment to physical therapy, massage and/or exercise for an existing joint contracture when the following clinical criteria is met:

A. Medically necessary only for the following joints (knee, elbow, wrist, finger);
B. After three weeks of exercise and skilled therapy in the initial subacute injury or post-operative period in members with:
   A. signs and symptoms of persistent joint stiffness or contracture; and
   B. limited range of motion that poses a meaningful functional limitation as judged by a physician;
C. May be used for an initial period of 4 weeks; and a subsequent 4 week period with reevaluation and then up to 4 months based on continued improvement.

II. In the acute post-operative period for members who have undergone additional surgery to improve the range of motion of a previously affected joint, CareSource considers use of an LLPS device medically necessary for:

A. An initial four week period, and
B. Another four week period if improvement was noted after the initial four weeks for up to 4 months.

III. Non-covered services
A. Caresource considers the use of dynamic splinting experimental and investigational for the following indications, including but not limited to:
1. Adhesive capsulitis,
2. Carpel Tunnel Syndrome,
3. Cerebral palsy,
4. Foot drop associated with neuromuscular diseases,
5. Hallux valgus,
6. Head and spinal cord injuries,
7. Improvement of outcomes following botulinum toxin injection for treatment of limb spasticity,
8. Injuries of the ankle, and shoulder,
9. Multiple sclerosis,
10. Muscular dystrophy,
11. Plantar fasciitis,
12. Rheumatoid arthritis,
13. Stroke,
14. Trismus.

B. Caresource considers the following devices experimental and investigational due to insufficient scientific evidence of their effectiveness:
1. Patient actuated serial stretch (PASS) devices;
2. Static progressive stretch devices (SPS).

NOTE: All claims for LLPS are subject to post-payment review

E. Conditions of Coverage
NA

F. Related Policies/Rules
NA

G. Review/Revision History

	DATE	ACTION
Date Issued	11/09/2022	New Policy
Date Revised		
Date Effective	GA, IN, KY, WV: 02/01/2023 OH: 03/01/2023	
Date Archived	GA, IN, KY, WV:08/31/2023 OH: 08/31/2023	This Policy is no longer active and has been archived. Please note that there could be other Policies that may have some of the same rules incorporated and CareSource reserves the right to follow CMS/State/NCCI guidelines without a formal documented Policy.

H. References

1. Glasgow C, Tooth LR, Fleming J, Peters S. Dynamic splinting for the stiff hand after trauma: predictors of contracture resolution predictors of contracture resolution. J Hand Ther. (2011). Retrieved November 9, 2022 from www.jhandtherapy.org.
2. Harvey LA, Katalinic OM, Herbert RD, et al. Stretch for the treatment and prevention of contractures. Cochrane Database of Systematic Reviews. 2017. Retrieved November 9, 2022 from www.pubmed.ncbi.nlm.nih.gov
3. Hayes, Inc. Medical Technology Directory. Mechanical Stretching Devices for the Treatment of Joint Contractures of the Extremities. May 9, 2018. Retrieved November 9, 2022 from www.hayesinc.com.
4. Hayes, Inc. Medical Technology Directory. Mechanical Stretching Devices for the Treatment of Joint Contractures of the Extremities. May 9, 2018. Retrieved November 9, 2022 from www.hayesinc.com.
5. Jongs RA, Harvey LA, Gwinn T, Lucas BR. Dynamic splints do not reduce contracture following distal radial fracture: a randomised controlled trial. Journal of Physiotherapy 2012;58(3):173-180. Retrieved November 9, 2022 from www.reader.elsevier.com
6. MCG. 26th edition.(2022). Dynamic Joint Extension and Flexion Devices (ACG: A-0882 (AC)). Retrieved November 1, 2022 from www.careweb.careguidelines.com.
7. Zatarain LA, Smith DK, Deng J, et al. A randomized feasibility trial to evaluate use of the jaw dynasplint to prevent trismus in patients with head and neck cancer receiving primary or adjuvant radiation-based therapy. Integr Cancer Ther. 2018.

I. State-Specific Information

A. Georgia
   1. Effective: 02/01/2023
B. Indiana
   1. Effective: 02/01/2023
C. Kentucky
   1. Effective: 02/01/2023
D. Ohio
   1. Effective: 03/01/2023
E. West Virginia
   1. Effective: 02/01/2023

Independent medical review – 12/2021