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Developed By: Medical Criteria Committee	

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Description:

Mechanical stretching devices for the treatment of joint stiffness due to immobilization or limited range of motion are intended to elongate the connective tissue surrounding the joint. Joint stiffness or contracture may occur following trauma, illness, or surgery. These devices are patient controlled and are often used as an adjunct to therapy.

There are several types of mechanical stretching devices available:

Dynamic splints: also known as low-load prolonged-duration stretch (LLPS) devices, allow active and passive motion within a restricted range. They are spring loaded and designed to apply constant low-intensity stretch force. They are used continuously for 6-12 hours per session. An example of a dynamic splint is the Dynasplint®.

Static progressive (SP) stretch devices: increase the angle of stretch slowly. The patient sets the device angle at the beginning of the session and every several minutes the angle is increased. Sessions usually last for 30 minutes and are completed several times a day. An example of a SP stretch device is the Joint Active System (JAS).

Flexionaters/extensionaters: also known as patient-actuated serial stretch (PASS) devices use a serial stretch load application and quick release mechanism. These devices allow resisted active and passive motion within a limited range. They are typically used in 15 minute increments, 4-8 times per day. Examples of a PASS device are the ERMI Flexionater® and Extensionater®.

Criteria:

ODS will allow coverage of a mechanical stretching device for 3 months up to plan limitations when **one** of the following criteria is met:

1. Patient has joint stiffness that is not responding to conventional methods for restoring joint motion (i.e. physical therapy) during the sub-acute injury or post-operative period (≥ 3 weeks but ≤ 4 months after injury/surgery); **OR**
2. During the acute post-operative period for patients who are undergoing additional surgery to improve range of motion of a previously affected joint; **OR**
3. Patient is unable to participate in a formal rehabilitative program because of an inability to exercise; **OR**
4. Healing soft tissue around joints that can benefit from constant low-intensity tension

Mechanical stretching devices are not covered for the following:

1. Prophylactic use of mechanical stretching devices is considered experimental and investigational in the management of chronic contractures or chronic joint stiffness.
2. Mechanical stretching devices are not covered beyond 3 months of use.

Information to be Submitted with Pre-Authorization Request:

1. Medical records from the treating physician documenting the following:
 - a. Length of time of joint stiffness/contracture
 - b. Previous injury/surgery
 - c. Previous or current physical therapy regimen

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2. Diagnostic study reports if applicable

Applicable CPT/HCPC:

Note: this list may not be all inclusive

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
E1811	Static progressive stretch knee device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories
E1812	Dynamic knee, extension/flexion device with active resistance control
E1815	Dynamic adjustable ankle extension/flexion device, includes soft interface material
E1816	Static progressive stretch ankle device, flexion and/or extension, with or without range of motion adjustment, includes all components and accessories
E1818	Static progressive stretch forearm pronation/supination device, with or without range of motion adjustment, includes all components and accessories
E1825	Dynamic adjustable finger extension/flexion device, includes soft interface material
E1830	Dynamic adjustable toe extension/flexion device, includes soft interface material
E1840	Dynamic adjustable shoulder flexion/abduction/rotation device, includes soft interface material
E1841	Static progressive stretch shoulder device, with or without range of motion adjustment, includes all components and accessories

References:

- Cohen EJ. Adjunctive therapy devices: restoring ROM outside of the clinic. Accessed March 2007. Available at URL address: <http://www.theratechequip.com/article1.htm>
- Bonutti PM, Windau JE, Ables BA, Miller BG. Static progressive stretch to reestablish elbow range of motion. *Clinical Orthopaedics*. 1994;303:128-134.
- Jansen CM, Windau JE, Bonutti PM, Brillhart MV. Treatment of a knee contracture using a knee orthosis incorporating stress relaxation techniques. *Physical Therapy*. 1996;76:182-186
- Restoring wrist flexion/extension using principles of stress relaxation/static progressive stretch. Paper presentation – American Academy of Orthopaedic Surgeons. New Orleans, Louisiana, February 2003.
- Ebinger T, Erhard N, Kinzl L, Mentzel M. Dynamic treatment of displaced proximal phalangeal fractures. *The Journal of Hand Surgery*. Nov 1999. 24(6):1254-1262.
- Schultz-Johnson K. Static progressive splinting. *The journal of Hand Therapy*. April 2002. 15(2):163-178.

PRODUCT INFORMATION:

- Joint Active Systems, Inc (JAS). Available at : <http://www.jointactivesystems.com>
- Dynasplint Systems, Inc. Available at: <http://www.dynasplint.com>
- EMPI. Advance Dynamic ROM. Available at <http://empi.com/products/advance.cfm>
- ERMI, Inc. Available at <http://www.getmotion.com/index.htm>
- Ultraflex Systems, Inc. Available at <http://ultraflexsystems.com>
- Physician Advisors