

Medical Policy: Mechanical Stretching Devices (Commercial)



| POLICY NUMBER | EFFECTIVE DATE | APPROVED BY |
|---------------|----------------|--------------------------------|
| MG.MM.DM.14 | 11/8/2024 | MPC (Medical Policy Committee) |

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Definitions

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| Dynamic splinting devices | <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> |
| Static progressive stretching (SPS) devices (aka bi-directional static progressive stretch) | <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> |
| Patient-actuated serial stretch (PASS) devices (aka extensionators or flexionators) | <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> |

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Guideline

Members with the DME benefit are eligible for coverage of mechanical stretching devices for the ankle, finger, knee, toe, wrist, forearm, elbow, and adhesive capsulitis of the shoulder.

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

(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. 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 cord injuries
 - v. Multiple sclerosis
 - vi. Muscular dystrophy
 - vii. Rheumatoid arthritis
 - viii. Trauma

Applicable Procedure Codes

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| E1800 (Revised 1/1/2025) | Dynamic adjustable elbow extension and flexion device, includes soft interface material Dynamic adjustable elbow extension/flexion device, includes soft interface material |
| E1801 (Revised 4/1/2025) | Dynamic adjustable elbow extension and flexion device, includes soft interface material Static progressive stretch elbow device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories |

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| E1802 | Dynamic adjustable forearm pronation/supination device, includes soft interface material |
| E1803 (New code 1/1/2025) | Dynamic adjustable elbow extension only device, includes soft interface material |
| E1804 (New code 1/1/2025) | Dynamic adjustable elbow flexion only device, includes soft interface material |
| E1805 (Revised 1/1/2025) | Dynamic adjustable wrist extension and flexion device, includes soft interface material 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 |
| E1807 (New code 1/1/2025) | Dynamic adjustable wrist extension only device, includes soft interface material |
| E1808 (New code 1/1/2025) | Dynamic adjustable wrist flexion only device, includes soft interface material |
| E1810 (Revised 1/1/2025) | Dynamic adjustable knee extension and flexion device, includes soft interface material Dynamic adjustable knee extension/flexion device, includes soft interface material |
| E1811 (Revised 4/1/2025) | Static progressive stretch/patient actualized serial stretch knee device, extension and/or flexion, with or without range of motion adjustment, includes all components and accessories 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 |
| E1813 (New code 1/1/2025) | Dynamic adjustable knee extension only device, includes soft interface material |
| E1814 (New code 1/1/2025) | Dynamic adjustable knee flexion only device, includes soft interface material |
| E1815 (Revised 1/1/2025) | Dynamic adjustable ankle extension and flexion device, includes soft interface material Dynamic adjustable ankle extension/flexion device, includes soft interface material |
| E1816 (Revised 4/1/2025) | Static progressive stretch/patient actualized serial stretch ankle device, flexion and/or extension, with or without range of motion adjustment, includes all components and accessories Static progressive stretch ankle device, flexion and/or extension, with or without range of motion adjustment, includes all components and accessories |
| E1818 (Revised 4/1/2025) | Static progressive stretch/patient actualized serial stretch forearm pronation/supination device, with or without range of motion adjustment, includes all components and accessories Static progressive stretch forearm pronation/supination device, with or without range of motion adjustment, includes all components and accessor |
| E1820 | Replacement soft interface material, dynamic adjustable extension/flexion device |

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| E1821 | Replacement soft interface material/cuffs for bi-directional static progressive stretch device |
| E1822 (New code 1/1/2025) | Dynamic adjustable ankle extension only device, includes soft interface material |
| E1823 (New code 1/1/2025) | Dynamic adjustable ankle flexion only device, includes soft interface material |
| E1825 | Dynamic adjustable finger extension/flexion device, includes soft interface material |
| E1826 (New code 1/1/2025) | Dynamic adjustable finger extension only device, includes soft interface material |
| E1827 (New code 1/1/2025) | Dynamic adjustable finger flexion only device, includes soft interface material |
| E1828 (New code 1/1/2025) | Dynamic adjustable toe extension only device, includes soft interface material |
| E1829 (New code 1/1/2025) | Dynamic adjustable toe flexion only device, includes soft interface material |
| E1830 | Dynamic adjustable toe 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 |
| E1832 (New code 4/1/2025) | Static progressive stretch finger 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 |
| E1399 | Durable medical equipment, miscellaneous |
| 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

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| M24.59 | Contracture, other specified joint |
| 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 |

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| M24.541 | Contracture, right hand |
| M24.542 | Contracture, left hand |
| M24.549 | Contracture, unspecified hand |
| M24.561 | Contracture, right knee |
| M24.562 | Contracture, left knee |
| M24.569 | Contracture, unspecified knee |
| M24.571 | Contracture, right ankle |
| M24.572 | Contracture, left ankle |
| M24.573 | Contracture, unspecified ankle |
| M24.574 | Contracture, right foot |
| M24.575 | Contracture, left foot |
| M24.576 | Contracture, unspecified foot |
| M25.69 | Stiffness of other specified joint, not elsewhere classified |
| 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 |
| M25.661 | Stiffness of right knee, not elsewhere classified |
| M25.662 | Stiffness of left knee, not elsewhere classified |
| M25.669 | Stiffness of unspecified knee, not elsewhere classified |
| M25.671 | Stiffness of right ankle, not elsewhere classified |
| M25.672 | Stiffness of left ankle, not elsewhere classified |
| M25.673 | Stiffness of unspecified ankle, not elsewhere classified |
| M25.674 | Stiffness of right foot, not elsewhere classified |
| M25.675 | Stiffness of left foot, not elsewhere classified |
| M25.676 | Stiffness of unspecified foot, not elsewhere classified |
| M75.00 | Adhesive capsulitis of unspecified shoulder |
| M75.01 | Adhesive capsulitis of right shoulder |
| M75.02 | Adhesive capsulitis of left shoulder |

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Revision history

| DATE | REVISION |
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| 12/8/2023 | Removed pediatric use limitation |