

UPMC Health Plan POLICY AND PROCEDURE MANUAL

POLICY NUMBER: PAY.024
REVISION DATE: 07/09
ANNUAL APPROVAL DATE: 09/09
PAGE NUMBER: 1 of 4

SUBJECT: Continuous Passive Motion Devices
INDEX TITLE: Medical Management
ORIGINAL DATE: August 2008

This policy applies to the following lines of business: (Check those that apply.)

Commercial:					
HMO ()	POS ()	PPO ()	OOA ()		
Fully Insured ()	Self-funded/ASO ()	HSA ()	All (X)		
Medicare Select ()	Medicare Supplement ()				
DPW-MA:					
Health Choices ()	Voluntary ()		All (X)		
CMS-MA:					
OH ()	WV ()	PA ()	All (X)	Other ()	
HMO (X)	PPO (X)	Specialty Needs Plan (X)	Part D ()	PFFS (X)	All ()
PID-CHIP:					
Free ()	Sub ()	Full ()	All (X)		
APPLICABLE TO:					
Community Care ()	Work Partners ()				

I. POLICY

It is the policy of UPMC Health Plan to recognize the use of Continuous Passive Motion machines at home as options for patients recovering from total knee arthroplasty, ligamentous repair or total knee replacement as medically necessary to improve the range of motion of the member's joint following surgery, and in accordance with the member's individual benefit plan.

II. DEFINITIONS

N/A

III. PURPOSE

The purpose of this policy is to define the use of Continuous Passive Motion (CPM) machines and the indications and limitations as outlined in this policy.

IV. SCOPE

This policy applies to various UPMC Health Plan departments as indicated by the Benefit and Reimbursement Committee. These include but are not limited to: Medical Management, Benefit Configuration and Claims departments.

V. PROCEDURE

A. Medical Description

Continuous passive motion devices (CPM) are durable medical equipment used as a treatment modality in which joint motion is provided without causing active contraction of muscle groups. The device allows passive movements to be performed to a joint for hours at a time. The device is normally attached to the extremity both above and below the joint in such a way that it will not interfere with circulation or other aspects of healing. CPM increases the chance of rehabilitation by restoring the joint's range of motion (ROM). The ROM and speed are driven by an electrical power unit. The result of this continuous motion is an accelerated recovery time, increasing the member's ROM and reducing the intensity of pain and the need for pain medications.

B. Indications

CPM is covered in the early post operative period following:

**Total knee replacements or Anterior Cruciate ligament (ACL) repair
AND all of the following may apply:**

- Must be initiated within two (2) days post operatively for a period of no longer than 21 days
- Can be used in coordination with other forms of physical therapy, or alone
- Must be recommended by an orthopedic specialist following arthroscopic surgery. The orthopedic specialist determines the speed, duration of usage, amount of motion, and the rate of increase of motion.

C. Limitations

- Not for use beyond 21 post-operative days
- Not prescribed for members with low back pain,
- Coverage is only for rental equipment
- Use of CPM anywhere else other than the knee/ACL is considered experimental and investigational.

E. Variations

N/A

F. Audit

Quality Audit may monitor policy compliance or billing accuracy at the request of the UPMC Health Plan's Technology Assessment Committee or the Benefits Reimbursement Committee.

G. Records Retention

Records Retention for UPMC Health Plan documents, regardless of medium are provided within the UPMC Health System Policy and as indicated in the UPMC Insurance Services Division Policy and Procedure.

H. References

1. Medicare Coverage Issues Manual; NCD Transmittal 161, November 8, 2002; Implementation and Effective Date 4/1/03.
2. Blue Cross BlueShield of North Carolina; Continuous Passive Motion in the Home setting; Policy #DME0030; Reviewed 5/07
3. Aetna Policy Bulletin #0010: Continuous Passive Motion Machines (CPM)
4. Effectiveness of Prolonged Use of Continuous Passive Motion as an Adjunct To Physiotherapy following Total Knee Arthroscopy. Design of a Randomized Controlled Trial (ISRCTN85759)
5. Continuous Passive Motion (CPM) Equipment; The Center for Orthopaedics and Sports Medicine; 1211 Johnson Ferry Rd., Marietta, Ga., 30068
<http://www.arthroscopy.com/sp06001.htm>
6. CPM Helps Patients Regain Motion Before Strength; Bill McGovern, M.D., CPM Orthopedic Technology Review
<http://www.arthroscopy.com/sp06004.htm>
7. ECRI Institute: Mechanical Stretching Devices (ERMI Flexionaters and Extensionaters for Contracture and Joint Stiffness;
8. ECRI Institute: Continuous Passive Motion Devices following Orthopedic Surgery; <http://www.ta.ecri.org/Hotline/prod/summary/detail.aspx?doc>

Disclaimer:

UPMC Health Plan medical payment and prior authorization policies do not constitute medical advice and are not intended to govern or otherwise influence the practice of medicine. The policies constitute only the reimbursement and coverage guidelines of UPMC Health Plan and its affiliated managed care entities. Coverage for services varies for individual members in accordance with the terms and conditions of applicable Certificates of Coverage, Summary Plan Descriptions, or contracts with governing regulatory agencies.

UPMC Health Plan reserves the right to review and update the medical payment and prior authorization guidelines in its sole discretion. Notice of such changes, if necessary, shall be provided in accordance with the terms and conditions of provider agreements and any applicable laws or regulations.

These policies are the proprietary information of UPMC Health Plan. Any sale, copying, or dissemination of said policies is prohibited.