



Qualified Health Plans offered in North Carolina by CareSource North Carolina Co., d/b/a CareSource

MEDICAL POLICY STATEMENT	
North Carolina Marketplace	
Policy Name & Number	Date Effective
Mechanical Stretching Devices-NC MP-MM-1385	09/01/2024
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.

Table of Contents

A. Subject	2
B. Background	2
C. Definitions	2
D. Policy	2
E. Conditions of Coverage	3
F. Related Policies/Rules	3
G. Review/Revision History	3
H. References	4

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 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 are met:
 - A. Medically necessary only for the following joints: knee, elbow, wrist, finger, ankle and toe
 - B. After 3 weeks of exercise and skilled therapy in the initial subacute injury or post-operative period in members with:
 1. signs and symptoms of persistent joint stiffness or contracture
 2. 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, a subsequent 4-week period with reevaluation, and then up to 4 months based on continued improvement.

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.

- 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 4-week period
 - B. An additional 4-week period, if improvement was noted after the initial 4 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. carpal 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 efficacy:
 - 1. patient actuated serial stretch (PASS) devices (eg, ERMI Knee Extensionater®, ERMI Shoulder Extensionater®)
 - 2. static progressive stretch devices (SPS) (eg, Joint Active Systems [JAS] splints [JAS Elbow, JAS Shoulder, JAS Ankle, JAS Knee, JAS Wrist, JAS Pronation-Supination]).

E. Conditions of Coverage

All claims for LLPS are subject to post-payment review by CareSource.

F. Related Policies/Rules

NA

G. Review/Revision History

DATE		ACTION
Date Issued	11/09/2023	New Policy
Date Revised	02/15/2023	e-voted addition of ankle and toe to policy to match fee schedule and MCG.
	06/07/2023	Annual review. Added examples of PASS and SPS devices.
	05/22/2024	Annual review. Updated references. Approved at Committee.

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.

Date Effective	09/01/2024	
Date Archived		

H. References

1. Furia JP, Willis FB, Shanmugam R, et al. Systematic review of contracture reduction in the lower extremity with dynamic splinting. *Adv Ther.* 2013;30(8):763-770. Accessed April 24, 2024. www.ncbi.nlm.nih.gov
2. Dynamic Joint Extension and Flexion Devices: ACG A-0882. MCG. 28th ed. 2024. Accessed April 24, 2024. www.careweb.careguidelines.com
3. Glasgow C, Tooth LR, Fleming J, et al. Dynamic splinting for the stiff hand after trauma: predictors of contracture resolution predictors of contracture resolution. *J Hand Ther.* Accessed April 24, 2024. www.jhandtherapy.org
4. Harvey LA, Katalinic OM, Herbert RD, et al. Stretch for the treatment and prevention of contractures. Cochrane Database of Systematic Reviews. 2017. Accessed April 24, 2024. www.pubmed.ncbi.nlm.nih.gov
5. Medical Technology Directory. Mechanical Stretching Devices for the Treatment of Joint Contractures of the Extremities. Hayes, Inc. May 9, 2018. Accessed April 24, 2024. www.hayesinc.com
6. Jongs RA, Harvey LA, Gwinn T, et al. Dynamic splints do not reduce contracture following distal radial fracture: a randomised controlled trial. *J Physiother.* 2012;58(3):173-180. Accessed April 24, 2024. www.reader.elsevier.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.

Independent medical review –12/21

The MEDICAL Policy Statement detailed above has received due consideration as defined in the MEDICAL Policy Statement Policy and is approved.