

MEDICAL POLICY



MEDICAL POLICY DETAILS	
Medical Policy Title	Cervical Traction Devices for Home Use
Policy Number	1.01.47
Category	Contract Clarification
Original Effective Date	02/24/05
Committee Approval Date	02/23/06, 06/28/07, 02/28/08, 02/26/09, 02/25/10, 04/28/11, 04/26/12
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Product Disclaimer	<ul style="list-style-type: none"> • <i>If a product excludes coverage for a service, it is not covered, and medical policy criteria do not apply.</i> • <i>If a commercial product (including an Essential Plan or Child Health Plus product), medical policy criteria apply to the benefit.</i> • <i>If a Medicaid product covers a specific service, and there are no New York State Medicaid guidelines (eMedNY) criteria, medical policy criteria apply to the benefit.</i> • <i>If a Medicare product (including Medicare HMO-Dual Special Needs Program (DSNP) product) covers a specific service, and there is no national or local Medicare coverage decision for the service, medical policy criteria apply to the benefit.</i> • <i>If a Medicare HMO-Dual Special Needs Program (DSNP) product DOES NOT cover a specific service, please refer to the Medicaid Product coverage line.</i>

POLICY STATEMENT

- I. Based upon our criteria and assessment of the peer-reviewed literature, over-the-door cervical traction devices are considered **medically appropriate** for patients with the following conditions:
 - A. degenerative disc disease;
 - B. posterior facet syndrome;
 - C. herniated cervical disc;
 - D. spinal stenosis; **or**
 - E. cervical muscle strain and spasm.
- II. Based upon our criteria and assessment of the peer-reviewed literature, over-the-door cervical traction devices do not improve patient outcomes and, therefore, are considered **not medically necessary** for patients with TMJ dysfunction.
- III. Pneumatic and hydraulic cervical traction devices are considered **medically appropriate** for the following:
 - A. Patients who have failed a trial of an over-the-door cervical traction device and have experienced relief of symptoms with pneumatic or hydraulic devices in the clinic setting;
 - B. Patients with cervical pain who have TMJ dysfunction; **or**
 - C. Patients who meet the criteria listed in Policy Statement I and have deformities of the neck or chin, making use of a chinstrap impractical.
- IV. Based upon our criteria and assessment of the peer-reviewed literature, over-the-door and pneumatic hydraulic cervical traction devices are contraindicated for patients with the following conditions:
 - A. mechanical derangements and subluxations;
 - B. acute strains and sprains;
 - C. vascular disorders;

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- D. suspected or known cervical tumors; or
- E. infection.

Refer to Corporate Medical Policy# 1.01.00 Durable Medical Equipment – Standard and Non-Standard.

Refer to Corporate Medical Policy # 11.01.17 Temporomandibular Joint Disorders (TMJD).

POLICY GUIDELINES

- I. Coverage of durable medical equipment is contract dependent unless required under federal or state mandates. Please contact the Customer Care (Member or Provider) Department to determine benefits available under a member's subscriber contract.
- II. Durable medical equipment coverage must be included in the member's subscriber contract or rider for this policy to apply.
- III. Medical documentation required for consideration of a cervical traction device must include the following:
 - A. A prescription or written order for the device from a physician; and
 - B. The history, diagnosis, prognosis, and expected length of treatment relating to the condition for which the device is prescribed.
- IV. The appropriate use of the cervical traction device must have been demonstrated to the patient in a clinical setting, and the patient must have tolerated the prescribed traction device.

DESCRIPTION

Cervical traction focuses on stretching the head away from the rest of the body, to release tension and pressure on neck structures and, thereby, provide pain relief. Two types of cervical traction include over-the-door and pneumatic devices. Over-the-door devices are designed to deliver 20 lbs. or less of tension by use of a chin strap harness attached to a counterweight, which is suspended over the door using a pulley system. The weight pulls the chin harness upwards, relieving tension on the neck. Pneumatic devices are designed to deliver up to 20-50 lbs. of tension while the patient is in the supine position. These devices may consist of a soft foam cushion that extends from the patient's shoulders to the back of the head (occiput) and is secured with a head strap. A patient-controlled bellows then inflates the cushion, thus applying tension. Treatment is usually short-term (less than eight weeks) and may be applied for up to 30 minutes several times per day, one to two times weekly.

RATIONALE

There is limited evidence in the medical literature to support the use of physical medicine modalities for mechanical neck pain. There is no documentation of efficacy of cervical traction beyond relief of short-term pain. There are no clinical studies directly comparing cervical/hydraulic or pneumatic (Pronex, Saunders Cervical HomeTrac, Comfortrac, etc.) cervical traction devices to conventional cervical traction modalities. Studies have focused on the ability of the devices to provide separation of the vertebral segments and relaxation of the muscles around the temporomandibular joint and posterior cervical region and have limited long term follow up.

As Class I devices, the cervical/hydraulic and pneumatic cervical traction devices have no approved indications by the FDA.

CODES

- *Eligibility for reimbursement is based upon the benefits set forth in the member's subscriber contract.*
- ***CODES MAY NOT BE COVERED UNDER ALL CIRCUMSTANCES. PLEASE READ THE POLICY AND GUIDELINES STATEMENTS CAREFULLY.***
- *Codes may not be all inclusive as the AMA and CMS code updates may occur more frequently than policy updates.*
- *Code Key: Experimental/Investigational = (E/I), Not medically necessary/ appropriate = (NMN).*

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Code	Description
No code(s)	

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Code	Description
E0840	Traction frame, attached to headboard, cervical traction
E0849	Traction equipment, cervical, free-standing stand/frame, pneumatic, applying traction force to other than mandible
E0850	Traction stand, freestanding, cervical traction
E0855	Cervical traction equipment not requiring additional stand or frame
E0860	Traction equipment, overdoor, cervical

ICD10 Codes

Code	Description
M43.6	Torticollis
M46.41 - M46.43	Discitis, unspecified, cervical region (code range)
M48.01 - M48.03	Spinal stenosis (code range)
M48.8x1- M48.8x3	Other specified spondylopathies (code range)
M50.00 - M50.03	Cervical disc disorder with myelopathy (code range)
M50.10 - M50.13	Cervical disc disorder with radiculopathy
M50.20 - M50.23	Other cervical disc displacement (code range)
M50.30 - M50.33	Other cervical disc degeneration (code range)
M50.80 - M50.83	Other cervical disc disorders (code range)
M50.90 - M50.93	Cervical disc disorder, unspecified (code range)
M53.0	Cervicocranial syndrome
M53.1	Cervicobrachial syndrome
M53.81 - M53.83	Other specified dorsopathies (code range)
M54.01-M54.03	Panniculitis affecting regions of neck and back (code range)
M54.11 - M54.13	Radiculopathy (code range)
M54.2	Cervicalgia
M54.81	Occipital neuralgia
M54.89	Other dorsalgia
M96.1	Postlaminectomy syndrome, not elsewhere classified
M99.20 - M99.21	Subluxation stenosis of neural canal (code range)
M99.30 - M99.31	Osseous stenosis of neural canal (code range)
M99.40 - M99.41	Connective tissue stenosis of neural canal (code range)
M99.50 - M99.51	Intervertebral disc stenosis of neural canal (code range)
M99.60 - M99.61	Osseous and subluxation stenosis of intervertebral foramina (code range)
M99.70 - M99.71	Connective tissue and disc stenosis of intervertebral foramina (code range)

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Code	Description
S13.4xxA- S13.4xxS	Sprain of ligaments of cervical spine (code range)
S13.8xxA- S13.8xxS	Sprain of joints and ligaments of other parts of neck (code range)
S13.9xxA- S13.9xxS	Sprain of joints and ligaments of unspecified parts of neck (code range)
S16.1xxA- S16.1xxS	Strain of muscle, fascia and tendon at neck level (code range)

REFERENCES

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*Key Article

KEY WORDS

Pneumatic cervical traction unit, hydraulic cervical traction unit, Pronex, Saunders cervical HomeTrac, Cervical HomeTrac Deluxe, over-the-door traction

CMS COVERAGE FOR MEDICARE PRODUCT MEMBERS

There is currently a Local Coverage Determination (LCD) for Cervical Traction Devices. Please refer to the following LCD website for Medicare Members: https://www.cms.gov/medicare-coverage-database/details/lcd-details.aspx?LCDId=33823&ver=26&CntrctrSelected=389*1&Cntrctr=389&s=41&DocType=All&bc=AAgAAAQAgAAA&