

# Osteopathic Manipulation Treatment

February 2007

**The PA Nurse may approve an EVALUATION if the request meets the following guidelines:**

Age:  $\geq$  18 years of age

Indications:

Sub-acute low back pain (symptoms  $\geq$  3 weeks,  $\leq$  6 months)

OR

Tension type headache unresponsive to NSAIDs, heat / cold.

NOTE: Palpatory diagnosis (e.g. "somatic dysfunction") does not meet medically necessary guidelines due to literature showing low inter-examiner reliability.

**The following information is required for RN approval:**

- Description of symptoms
- Diagnostic evaluation
- Frequency and total number of treatments being requested
- Anticipated goal and end point of treatment

Initial treatment plan is approved up to a maximum of 2 treatments / week for 3 weeks. A renewal of an additional 3 weeks may be given if goals have not been met but progress has been made. A weekly follow up report is required to document progress, whether the end point goal was reached, and whether the treatment was tolerated.

NOTE: If the provider bills for an office visit (e.g., E&M code), then the OMT service is considered bundled in to the payment of the office visit.

NOTE: If OMT is provided in the office at the time the evaluation is made, retro authorization may be requested within 7 days. The request will be reviewed according to the requirements listed above.

**If the request does not meet criteria, the request must be reviewed by a Medical Director.**

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## References:

1. *"No spinal manipulation less than 18 years old due to risk of significant adverse events:*

Vohra, S.; Johnson, B.C.; Cramer, K.; Humphreys, K.; Adverse Events Associated with Pediatric Spinal Manipulation: A Systematic Review: Pediatrics: 119-275-283: 2007.

2. *A palpatory diagnosis (i.g. somatic dysfunction) is not a significant diagnosis for spinal manipulation due to low inter-examiner agreement:*

Beal, M.C.; Patriquin, D.A.; Interexaminer agreement on palpatory diagnosis and Patients self-assessment of disability; a pilot study: Journal of the American Osteopathic Association: 95: 97: 1995.

"Interexaminer agreement on palpatory diagnosis and patient self-assessment of disability: a pilot study", Journal of the American Osteopathic Association, Vol 95, Issue 2, 97.

3. *Spinal manipulation for sub-acute low back pain (symptoms at least three weeks but less than six months) can produce clinical results similar to standard treatment:*

Anderson, G.B.J.; Lucente, T.; Davis, A.; et.al.; A Comparison of Osteopathic Spinal Manipulation with Standard Care for Patients with Low Back Pain: New England Medical Journal: 341: 1426-1431: 1999.

5. *Spinal manipulation does not seem to have a positive effect on episodic tension-type Headache:*

Bove, G.; Nilsson, N.; Spinal Manipulation in the Treatment of Episodic Tension-Type headache: a controlled trial: JAMA; 280:1576-9: 1998.

6. *There is no rigorous evidence that manual therapies have a positive effect in the tension-Type headache.:*

Fernandez-de-las-Penas, C.; Cuadrado, M.L.; et. Al.; Are Manual Therapies Effective in Reducing Pain from Tension-Type Headache?: A Systematic Review: Clin. J.Pain.,: 22:278-85: 2006.

7. *Some reviews question whether spinal manipulation has any advantage over other interventions. There may be some benefit in back pain. Benefits are controversial for headache. Benefit is absent for other indications:*

Ernst, E.; Canter, P.H.; A Systematic Review with Systematic Reviews of Spinal Manipulation: J R Soc. Med.: 99: 192-196: 2006.

8. *More basic research and controlled trials for the effectiveness of manipulation are needed:*

Lesho, E.P.; An Overview of Osteopathic Medicine: Archives of Family Medicine; 8: 477-484: 1999.

9. "A Comparison of Osteopathic Spinal Manipulation with Standard Care for Patients with Low Back Pain", Andersson, Gunnar, MD, Ph.D., Lucenter, Tracy, M.P.H., Davis, Andrew, MD, M.P.H., Kappler, Robert, DO, Lipton, James, DO, Leurgans, Sue Ph.D.; New England Journal of Medicine, 2000;342(11):817.

10. "A comparison of physical therapy, chiropractic manipulation, and provision of an educational booklet for the treatment of patients with low back pain", New England Journal of Medicine 339(15), pp. 1021 – 1029 (October 8, 1998).

11. "An Overview of Osteopathic Medicine", Lesho, Emil, DO; Archives of Family Medicine. 1999;8:477-484.

**Approved by:**

Clinical and Service Quality Improvement Committee (CSQIC)

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