



Medica Central Medical Policy

Policy Name: Home Traction Devices, Cervical and Lumber MP9781

Effective Date: 09/01/2024

Important Information – Please Read Before Using This Policy

These services may or may not be covered by all Medica Central plans. Coverage is subject to requirements in applicable federal or state laws. Please refer to the member's plan document for other specific coverage information. If there is a difference between this general information and the member's plan document, the member's plan document will be used to determine coverage. With respect to Medicare, Medicaid, and other government programs, this policy will apply unless these programs require different coverage.

Members may contact Medica Customer Service at the phone number listed on their member identification card to discuss their benefits more specifically. Providers with questions may call the Provider Service Center. Please use the Quick Reference Guide on the Provider Communications page for the appropriate phone number. <https://mo-central.medica.com/Providers/SSM-employee-health-plan-for-IL-MO-OK-providers>

Medica Central coverage policies are not medical advice. Members should consult with appropriate health care providers to obtain needed medical advice, care, and treatment.

Coverage Policy

Home cervical and lumber traction devices are investigative for all indications. Reliable evidence does not permit conclusions concerning their (safety, effectiveness, and effect on health outcome).

See related coverage policy, CLEAR Institute Scoliosis Treatment Protocol

Description

Traction applies pulling and/or drawing forces to the body to stretch a given part of the anatomy or to separate two or more anatomical parts. Traction is purported to treat individuals with musculoskeletal or neurological impairments of the spine, with the goal of relieving pain, relaxing muscle spasms, and decompressing spinal structures. Pain may or may not be associated with accompanying radiculopathy. The type of traction used varies and will depend on an individual's age, weight, and medical condition.

Cervical traction is employed to stretch the soft tissues of the neck and to separate the spinal joint structures in order to relieve neck pain. Constant traction results in tiring of the muscles, which is purported to widen the joint spaces and promote pain relief. Cervical traction options include free weight and/or pulley systems or mechanical motorized devices, and these often involve a head or chin sling to enhance pull in the desired direction.



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Lumbar traction is used in the treatment of low back pain, often along with other treatment modalities. The traction may be applied intermittently, using a selection of several methods. It is often performed in either an outpatient setting or in a home setting over the short term. Lumbar traction is purported to widen or decompress disc spaces, unload the vertebrae (e.g., Orthotrac™ Pneumatic Vest), decrease disc protrusion and/or muscle spasm, separate the vertebrae, or lengthen and stabilize the spine.

Prior Authorization

Prior authorization is not applicable. Claims for this service are subject to retrospective review and denial of coverage, as investigative services are not eligible for reimbursement.

Coding Considerations

Use the current applicable CPT/HCPCS code(s). The following codes are included below for informational purposes only and are subject to change without notice. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement.

CPT Codes

Use the current applicable CPT/HCPCS code(s).

Original Effective Date: Created: 05/15/2024, Effective: 09/01/2024

Re-Review Date(s):

Administrative Update:

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