



Medica Central Coverage Policy

Policy Name: Mechanized Spinal Decompression Traction Tables for Low Back Pain MP9644

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.

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Note: This policy is no longer scheduled for routine review of the scientific literature.

Mechanized spinal decompression traction tables for low back pain are investigative and unproven and therefore **NOT COVERED**. There is insufficient reliable evidence in the form of high quality peer-reviewed medical literature to establish the efficacy or effects on health care outcomes.

Description

Mechanized spinal decompression traction tables are adaptations of manual auto-traction tables. The table is split across the middle, with handholds on the upper, stationary section of the table. A pelvic harness is attached to the patient's lower body, and the patient lies horizontally while grasping the handholds. The patient can stop table movement by releasing his/her hold on the handgrips, thus stopping the applied tension immediately.

When power is activated, the table separates in two. A tension meter attached to the harness delivers timed cycles of distraction and relaxation. Mechanized spinal decompression traction tables are purported to relieve low-back pain associated with such conditions as lumbosacral strain, herniated disc disease, degenerative disc disease, facet syndrome, radicular pain, and sciatica. It is theorized that the resulting separation of lumbar vertebral bodies acts to unload the spine by decompressing the nucleus pulposus. The intended purpose is to provide traction without accompanying abdominal muscular contractions that other types of traction tables produce. This is purported to result in negative intradiscal pressure, which in turn is intended to help relieve pain and heal the injured disc.



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Therapy is administered by a therapist in the outpatient setting. A typical course of treatment consists of 10 to 15 daily sessions, each lasting approximately 30 minutes during which time 15 cycles of tension are administered.

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.

HCPC Code:

- **E0941** - Gravity assisted traction device, any type

	Committee/Source	Date(s)
Document		
Created:	Medical Policy Committee/Health Services Division	May 17, 2023
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