

Physical Medicine Guidelines

Dr. Randall Short
Medical Director



Rule 20 §85-20-46 Treatment Guidelines Physical Medicine



Treatment Guidelines

Physical Medicine

Physical medicine should be initiated as early as the day of injury



Focus of early intervention includes

- Management of acute pain and spasms
- Use of passive modalities as adjunct to active treatment
- Manual therapy for restoring joint function
- Instruction in range of motion and stretching exercises

Focus of early intervention continued...

- Assessment of return to work readiness and identifying necessary work modifications
- Education of the injured worker in healing process, body mechanics, proper resting positions, and home treatment program
- Duration of care may range from one visit to daily visits in accordance with applicable treatment guidelines

Initiation of treatment may not be indicated when

- Few objectively measured deficits are found on evaluations
- Subjective complaints of pain are the only finding
- Pain behaviors are interfering with the return to work process
- Injured worker is not compliant with the treatment plan

Inappropriate and medically unsupported treatment includes

- Exclusive use of passive modalities throughout the course of treatment
- No manual treatments
- No education of patient in self-care

Treatment Limitations

- Physical medicine treatment shall not exceed 10 visits in the initial 14 days and must decrease in frequency thereafter
- In no case shall the treatment exceed 16 visits in the initial 30 days or 12 visits in the second 30 days
- THIS MEANS MAX OF 28 TREATMENTS

Treatment Limitations

- If DOI + 30d, treatments must be complete unless:
 - No lost time or is back to work
 - Shows significant documented functional and clinical signs of improvement
 - MMI not reached
- Treatments between DOI +30d-60d are allowed, with stipulations
- Treatments after DOI + 60d are not allowed except with additional stipulations (Rule 20)

Treatment Limitations

- DOI + 60d + no RTW
- Active case management required after 60 days
- IME may be requested at this time by the carrier

Treatment Limitations

- If no RTW + (DOI + 30d) → Treating doc may arrange a consultation for a second opinion.
- If DOI + 45d, Consulting doc must recommend further treatment.

Treatment Limitations (beyond “max” allowed)

- If (DOI + 60d) + have already provided 28 treatments →
 - Only 5 more treatments allowed over one additional 30-day period
 - Only if authorized
 - Only for the next 30 days

Authorization Required (beyond max allowed)

- Injured worker must have history of:
 - surgery or fracture in the involved area
and either
 - the worker has returned to work
or
 - modified work is not available for this worker

Treatments for flare-ups of injuries, due to job-related activities

- Worker must have returned-to-work
- May have 4 treatments over 14 days
- Maximum treatments after RTW: 12 treatments for work-related flare-ups within 14 months of DOI

Physical Therapy

	2017	2018
Total PT Cost	\$180,313	\$145,170
Number of Claims	101	102
Number of Visits	1,639	1,293
Number of Visits/Claim	16.2	12.7
Cost/Claim	\$1,785	\$1,423

Physical Therapy Providers

Provider	# of Claims	# of Visits	Visits/Claim	Total Cost	Cost/Claim
First Settlement PT	30	274	9.1	\$49,956	\$1,665
Country Roads PT	11	95	8.6	\$12,849	\$1,168
Dynamic PT	10	122	12.2	\$16,164	\$1,616
Huntington PT	6	76	12.7	\$11,076	\$1,846
Teays PT Center	4	95	23.8	\$11,364	\$2,841

2017 State Agencies

ANESTHESIOLOGY	\$1,792.42
CARDIOLOGY	\$84.31
CHIROPRACTIC SERVICES	\$4,935.63
CLAIMANT TRAVEL REIMBURSEMENTS	\$3,679.33
DENTAL	\$2,006.00
DURABLE MEDICAL EQUIPMENT AND SUPPLIES	\$635.46
FUNERAL	\$7,000.00
HEARING SERVICES	\$9,829.02
HOSPITAL CARE	\$191,604.72
IME EXPENSES	\$20,362.50
INJECTIONS	\$772.78
MEDICAL TRANSPORTATION	\$18,803.61
NURSING/ATTENDANT CARE AND HOME HEALTH SERVICES	\$0.00
OFFICE SERVICES (REGULAR EXAMINATION)	\$63,214.97
OTHER	\$1,654.23
OTHER OFFICE TESTING PROCEDURES	\$704.55
PATHOLOGY AND HEMATOLOGY	\$181.72
PHARMACY	\$12,867.77
PHYSICAL MEDICINE	\$44,707.58
PROSTHETIC AND ORTHOPEDIC EQUIPMENT	\$5,855.84
RADIOLOGY	\$15,755.30
RESPIRATORY SERVICES	\$27.79
SURGERY	\$10,027.65
VISION CARE SERVICES	\$192.72
Grand Total	\$416,695.90

2018 State Agencies

ANESTHESIOLOGY	\$18,493.68
CARDIOLOGY	\$453.38
CHIROPRACTIC SERVICES	\$13,079.24
CLAIMANT TRAVEL REIMBURSEMENTS	\$20,062.69
DENTAL	\$1,400.00
DURABLE MEDICAL EQUIPMENT AND SUPPLIES	\$21,880.69
HEARING SERVICES	\$10,014.36
HOSPITAL CARE	\$774,040.19
IME EXPENSES	\$146,787.50
INJECTIONS	\$8,590.10
MEDICAL TRANSPORTATION	\$59,657.74
NURSING/ATTENDANT CARE AND HOME HEALTH SERVICES	\$0.00
OFFICE SERVICES (REGULAR EXAMINATION)	\$193,731.12
OP EXAM EXPENSES	\$80.18
OTHER	\$11,247.92
OTHER OFFICE TESTING PROCEDURES	\$9,238.18
PATHOLOGY AND HEMATOLOGY	\$1,385.80
PHARMACY	\$26,373.74
PHYSICAL MEDICINE	\$283,633.83
PROSTHETIC AND ORTHOPEDIC EQUIPMENT	\$18,514.89
PSYCHIATRY	\$434.09
RADIOLOGY	\$46,907.58
RESPIRATORY SERVICES	\$40.49
SURGERY	\$109,578.35
VISION CARE SERVICES	\$1,164.54
Grand Total	\$1,776,790.28

2018 Highlights

- State Agencies represent 12.2% of PT spend in WV
- 10.5% of Hospital Costs in WV
- 10.9% of Surgery Costs in WV
- 10.9% of IME Expenses in WV
- 4.9% of Pharmacy Costs in WV