

Aetna Insur CPM:

http://www.aetna.com/cpb/medical/data/1_99/0010.html

1. Aetna considers continuous passive motion (CPM) machines medically necessary durable medical equipment (DME) to improve range of motion in *any* of the following circumstances:

1. During the post-operative rehabilitation period for members who have received a total knee arthroplasty or replacement as an adjunct to on-going physical therapy (PT); *or*
2. Members who have had an anterior cruciate ligament repair until the member is participating in an active PT program; *or*
3. Members undergoing surgical release of arthrofibrosis/adhesive capsulitis *or* manipulation under anesthesia of any joint (knee, shoulder, and elbow the commonest) until the member is participating in an active PT program; *or*
4. To promote cartilage growth and enhance cartilage healing during the non weight-bearing period following any of the following until the member begins the weight-bearing phase of recovery:
 1. After abrasion arthroplasty or microfracture procedure ; *or*
 2. Autologous chondrocyte transplantation; *or*
 3. Chondroplasties of focal cartilage defects; *or*
 4. Surgery for intra-articular cartilage fractures; *or*
 5. Surgical treatment of osteochondritis dissecans; *or*
 6. Treatment of an intra-articular fracture of the knee (e.g., tibial plateau fracture repair); *or*
5. Members who have undergone certain surgeries and may not be able to benefit optimally from active PT, for example members with:
 1. Dupuytren's contracture; *or*
 2. Extensive tendon fibrosis; *or*
 3. Mental and behavioral disorders; *or*
 4. Reflex sympathetic dystrophy; *or*
6. Members who are unable to undergo active PT.

2. Note: Where the CPM device is used for surgical rehabilitation, the use of this device must commence within 2 days following surgery to meet medical necessity guidelines. Although the usual duration of CPM usage is 7 to 10 days, up to 3 weeks of CPM therapy may be considered medically necessary upon individual consideration. Use of the CPM machine beyond 21 days post-op is not supported by the medical literature. There is insufficient evidence to justify use of these devices for longer periods of time or for other applications.

3. Aetna considers CPM machines experimental and investigational for the following indications because there is insufficient scientific evidence to support the use of these

machines for these indications (not an all inclusive list):

1. Motion or strength following metacarpophalangeal arthroplasty
 2. Rehabilitation following back surgery
 3. Rehabilitation of distal radial fractures
- Treatment of low back pain or trauma.