(Insert Practice Identifying Information)

Sample Policy for:

Standards for Modalities and Rehab We Provide

*< NOTE: On this document anything underlined in red should be personalized to your procedures.>*

It is the policy of this office to Providing passive therapy and active rehabilitation for our patients is an important aspect of your treatment program. The passive modalities are designed to maximize tissue response, decrease healing time and enhance tissue repair. The active rehabilitation portion of the treatment is designed to identify and remodel abnormal movement patterns, maximize the re-training of muscle memory, enhance shortened recovery times, thus decreasing the overall cost of treatment. When using therapy and rehab in the treatment protocol, the patient feels better quicker; they are more likely to follow through with their care plan and achieve faster and longer lasting results.

The standard use of any modalities and rehabilitation in our practice will comply with the following guidelines, including the time frames noted. Additionally, note that any therapy will be terminated prematurely if the patient is not able to tolerate the prescribed treatment on any given visit. Any deviation from these standards will specifically be noted, including the reason, in the corresponding SOAP note for that visit.

**Hydroculator Packs – Moist Heat Packs:** This type of therapy is used on patients during the sub-acute phase or for chronic conditions with no inflammation. The beneficial effects include sedative, antispasmodic, analgesic and decongestive properties. Its purpose is to soften scar tissue, relax muscle spasms, promote joint flexibility, increase lymphatic and blood circulation, as well as sedating damaged nerves. This therapy is generally used for 15-30 minutes.

**Cryotherapy:** This therapy is used for acute trauma or severe spasticity. It is used during the acute phase of care to reduce local metabolism, capillary leakage, inflammation and pain. Because it causes vasoconstriction, it decreases hemorrhage and swelling within injured tissues. Muscle relaxation is most likely mediated through reduced nerve conduction velocities in both the motor and sensory fibers. This therapy is always used for 20 minutes exactly. It will not be used for longer than 20 minutes.

**Electrical Muscle Stimulation:** This type of therapy is the application of electrical stimulation to a specific area. Nerve and muscle stimulation can be useful in any disorder in which the patient has lost or never had adequate voluntary control over skeletal muscle. Electrical current applied through the skin into the soft tissues (muscles) or to peripheral nerves to control pain, assist in muscle coordination, reduce muscle spasms, reorganize newly formed collagen tissue, reduce inflammation and enhance soft tissue healing. The intensity is based on the patient’s tolerance and will be generally used for 8-15 minutes.

**Ultrasound:** This type of therapy uses sound waves to increase absorption of heat to a deeper tissue penetration level. Much of the value of ultrasound is in providing pain relief due to its superior depth of penetration. The action of the sound waves creates cellular friction, which produces heat, increasing local blood flow to enhance healing. It is used in the treatment of arthritis, neuromas, adhesive scars and where increasing the tissue temperature is a desired effect. The intensity generally used is 5-10 watts for 8-15 minutes.

**Mechanical Traction:** This therapy is where a force is used to create a degree of tension in the soft tissues and/or to allow for separation between joint surfaces. The degree of traction is controlled through the amount of force allowed, duration of time, and angle of pull using mechanical means. Traction can provide increased mobilization and more flexibility to each spinal joint. This action also helps reduce adhesions in the spinal joints, thus decreasing the stiffness of arthritis. The intensity used is to the patient’s tolerance for 8-15 minutes generally.

**Manual Therapy:** This therapy can include several manual procedures that are designed to enhance joint motion, reduce muscle spasm, increase lymphatic and vascular circulation all to increase tissue repair. It can be where a manual force is used to create a degree of tension in the soft tissues allowing for manual traction, joint manipulation and/or joint mobilization. The intensity used is to the patient’s tolerance for 8-15 minutes generally.

**Massage Therapy:** This therapy is where manual pressure is applied to soft tissues including effleurage, petrissage and tapotement (stroking, compression, percussion) to reduce muscle spasm, decrease stiffness, increase lymphatic and vascular circulation, and increase tissue healing. The intensity used is to the patient’s tolerance for 8-15 minutes generally.

**Rehab Level 1:** This type of therapy combines the basics of simple active or passive range of motion and gentle stretching. Home stretching program education and integration is to be initiated. Stretching will be done within the patient’s tolerance and up to, but not exceeding, the patient’s pain threshold. Home stretching programs will be utilized with a general set and repetition guideline of 3 sets per day at 10 repetitions each. This therapy is generally used for 8-15 minutes.

**Rehab Level 2:** This type of therapy combines the basics of gentle stretching and adds the dimension of strength and endurance training. Stretching will be done within the patient’s tolerance and up to, but not exceeding, the patient’s pain threshold. Strength and endurance training will begin at the patient’s baseline tolerance and proceed at a patient-tolerance directed pace. This therapy is generally used for 8-15 minutes.

**Rehab Level 3:** This type of therapy combines the basics of strength and endurance training with the added dimension of but not limited to, proprioceptive feedback, balance training, ADL integration and fall prevention, as appropriate. Strength and endurance training will begin at a low level and proceed at a patient-tolerance directed pace. The balance training will include core strengthening and coordination exercises to decrease the probability of recurrence of the treated condition or injury. This therapy is generally used for 8-15 minutes.