

CARE PATH 3

NOTE: These Care Paths identify typical courses of intervention. There may be patients who require more or less treatment. However, cases that deviate from Care Paths may be subject to more careful scrutiny and may require documentation of the special circumstances. Treatments must be based on patient need and professional judgment. Deviations may be justified by individual circumstances, such as pre-existing conditions and/or comorbidities. The Care Paths are only intended for use when the injury was caused by a motor vehicle accident (MVA). If at any point in the decision making process the healthcare provider finds that the injury was not caused by a MVA, the provider must contact the patient's PIP carrier and medical insurance carrier.

THORACIC SPINE SOFT TISSUE INJURY (STRAIN/SPRAIN/CONTUSION) OF THE UPPER BACK

CONSERVATIVE THERAPY
(up to 4 weeks)

- Provider office visits (up to 5)
- Medication¹
- Bed rest (maximum 2-4 days)
- Increasing exercise
- Consider PT program (2-3 times a week for 2-4 weeks)³
- Spinal manipulation² (1-3 visits per week, up to 4 weeks)

(The total number of visits for physical therapy and spinal manipulation should not exceed 12.)

4 WEEKS POST INJURY

Improvement in symptoms based on objective findings?

YES

NO

Symptoms Resolved

Symptoms Minimally Resolved

Symptoms Worse or Unresolved

Discharge from Care

Patient Compliant with Treatment Plan?

Development of Radiculopathy?

NO

YES

NO

YES

Continue Conservative Therapy

- Begin or continue PT
- Consider Specialist Referral
- Consider Psychosocial Evaluation⁴

Continue Conservative Therapy

- Begin or continue PT
- Consider Specialist Referral
- Pain Management up to 3 visits (may include acupuncture)

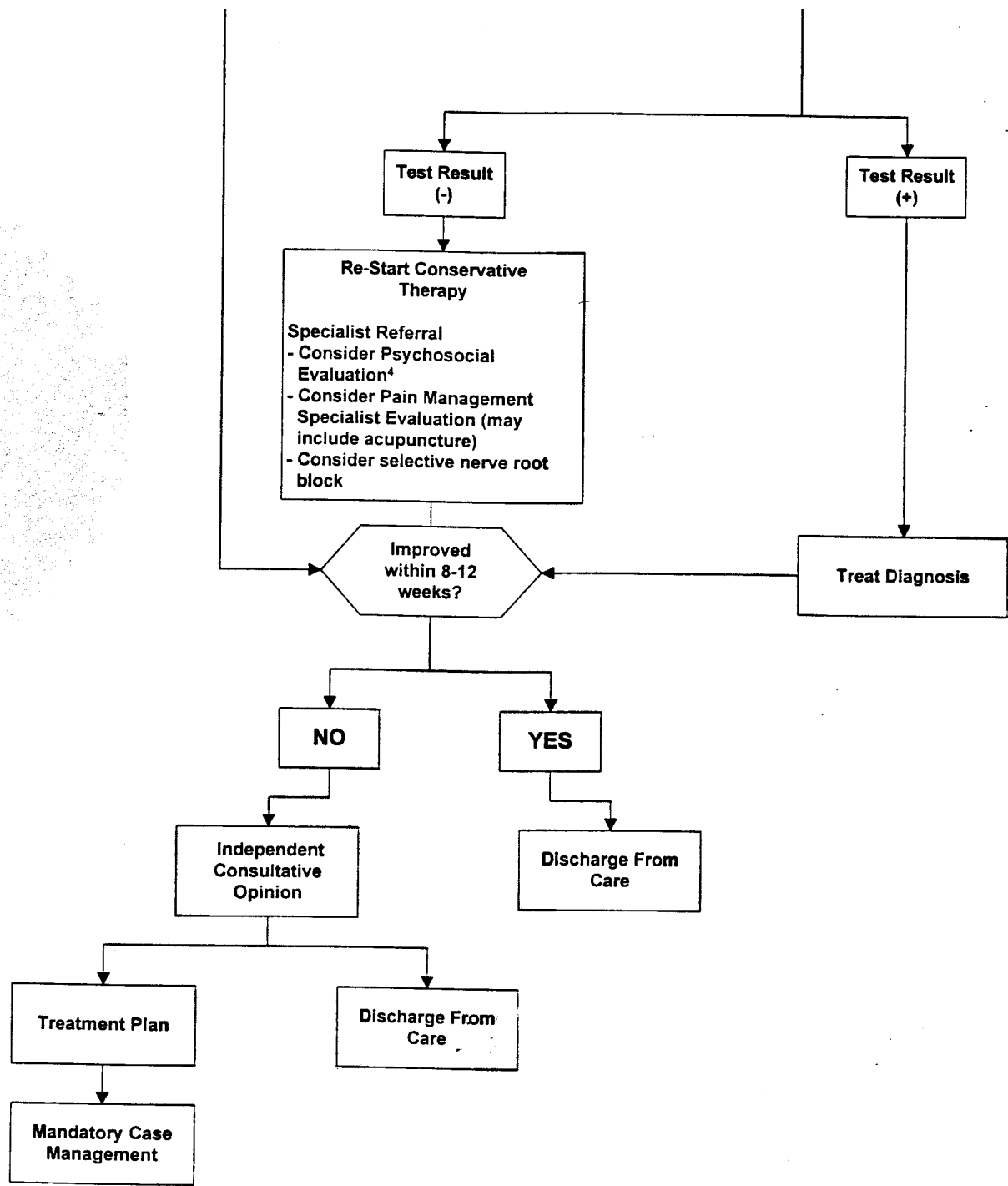
Diagnostic Re-evaluation

May include:

- CBC
- ESR
- X-ray AP & Lateral
- Bone scan

Go to Care Path for Thoracic Spine Herniated Disc Radiculopathy

1, 2, 3, 4 See Addendum to Care Paths



ICD-9 CODES

- 728.0
- 728.85
- 739.0
- 739.7
- 739.8
- 847.1
- 847.9
- 922.3
- 922.33
- 953.2

CARE PATH 3

4 See Addendum to Care Paths