

CARE PATH 5

LUMBAR-SACRAL SPINE SOFT TISSUE INJURY (STRAIN/SPRAIN/CONTUSION) OF THE LOW BACK

CONSERVATIVE THERAPY (up to 4 weeks)

- Provider office visits (up to 5)
- Medications¹
- Bed rest (maximum 2-4 days)
- Increasing exercise
- Consider PT program (2-3 times per 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

Symptoms
Resolved

Discharge
from
Care

Symptoms
Minimally
Resolved

Patient
Compliant with
Treatment
Plan?

NO

Continue Conservative
Therapy

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

YES

Continue Conservative
Therapy

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

NO

Symptoms
Worse or
Unresolved

Development of
Radiculopathy?

NO

Diagnostic Re-evaluation

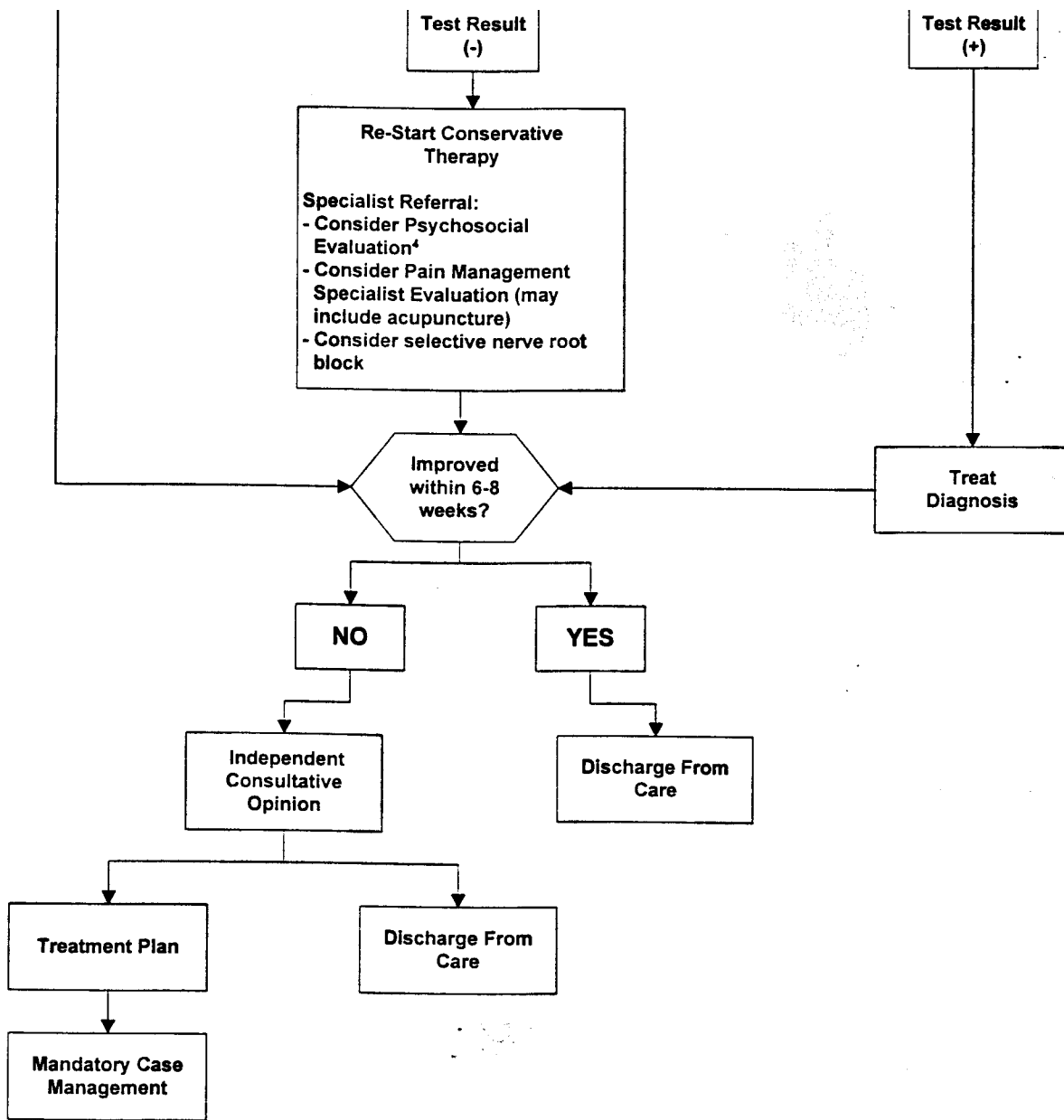
- May include:
- CBC
 - ESR
 - X-ray AP & Lateral
 - Bone scan

YES

Go to Care Path 6 Lumbar-Sacral
Spine Herniated
Disc/Radiculopathy

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

NOTE: These Care Paths identify typical courses of intervention. There may be patients who require more or less treatment. However, cases that deviate from the 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 evidence that the injury was not caused by a MVA, the provider must contact the patient's PIP carrier and medical insurance carrier.



ICD-9 CODES

- 728.0 846.8
- 728.85 846.9
- 739.0 847.2
- 739.3 847.3
- 739.4 847.4
- 846 847.9
- 846.0 922.3
- 846.1 922.31
- 846.2 953.2
- 846.3 953.3

CARE PATH 5

4 See Addendum to Care Paths