



MEDICAL COVERAGE GUIDELINES
SECTION: MEDICINE

ORIGINAL EFFECTIVE DATE: 09/28/17
LAST REVIEW DATE: 09/18/18
LAST CRITERIA REVISION DATE:
ARCHIVE DATE:

THERAPEUTIC TAPING

Non-Discrimination Statement and Multi-Language Interpreter Services information are located at the end of this document.

Coverage for services, procedures, medical devices and drugs are dependent upon benefit eligibility as outlined in the member's specific benefit plan. This Medical Coverage Guideline must be read in its entirety to determine coverage eligibility, if any.

This Medical Coverage Guideline provides information related to coverage determinations only and does not imply that a service or treatment is clinically appropriate or inappropriate. The provider and the member are responsible for all decisions regarding the appropriateness of care. Providers should provide BCBSAZ complete medical rationale when requesting any exceptions to these guidelines.

The section identified as "Description" defines or describes a service, procedure, medical device or drug and is in no way intended as a statement of medical necessity and/or coverage.

The section identified as "Criteria" defines criteria to determine whether a service, procedure, medical device or drug is considered medically necessary or experimental or investigational.

State or federal mandates, e.g., FEP program, may dictate that any drug, device or biological product approved by the U.S. Food and Drug Administration (FDA) may not be considered experimental or investigational and thus the drug, device or biological product may be assessed only on the basis of medical necessity.

Medical Coverage Guidelines are subject to change as new information becomes available.

For purposes of this Medical Coverage Guideline, the terms "experimental" and "investigational" are considered to be interchangeable.

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Description:

McConnell tape is a rigid, highly adhesive, and structurally supportive product that can be worn for up to 18 hours. The tape and the taping technique are used to facilitate a strengthening intervention and to aid in muscle alignment to decrease pain. It is used as part of a physical therapy program. The taping technique can be used for the hips, knees, lower limbs, shoulder and spine.

Traditional tape applications are commonly used as an adjunct for the treatment of fractures, dislocations or musculoskeletal injuries to provide structural support and stability.

THERAPEUTIC TAPING (cont.)

Description: (cont.)

In contrast, elastic therapeutic tape, also referred to as Kinesio® Tape, has been investigated to provide support without restricting range of motion. Kinesio tape looks like conventional athletic tape but can be stretched before applying on top of the skin to provide a constant pulling force which is thought to play a role in its effectiveness. It is strategically applied, often in “waves”, and needs to be replaced every 3 to 5 days.

The Kinesio taping method is derived from the theory that muscles not only produce movement but also activate the other body systems such as the neurological and circulatory systems. Therefore, the failure of the muscles to properly function leads to various kinds of symptoms. According to the creator of Kinesio tape, the proposed mechanisms by which Kinesio tape works may include correcting muscle function by strengthening weakened muscles, improving circulation of blood and lymph by eliminating tissue fluid or bleeding beneath the skin by moving the muscle, decreasing pain through neurological suppression, and repositioning subluxation of joints by relieving abnormal muscle tension.

Elastic therapeutic taping has become popular in the athletic community for muscle pain and common injuries such as runners knee, tennis elbow, shin splints and back pain. Kinesio taping of joints and muscles has been investigated for virtually all clinical conditions including pain, inflammation, edema, relaxation of tired muscles and for preventative maintenance.

Kinesio tape is available over the counter and an individual can learn to apply it themselves. Products include, but are not limited to Kinesio Tex Tape, SpiderTech pre-cut kinesiology tape and Temtex kinesiology tape.

Criteria:

- Therapeutic taping (Kinesio and McConnell taping) use supplies available over the counter. The tape, application of the tape, and any associated services are ***benefit plan exclusions*** and ***not eligible for coverage***.

Resources:

Literature reviewed 09/28/17. We do not include marketing materials, poster boards and non-published literature in our review.

1. Blue Cross Blue Shield of Arizona. Benefit Plan Booklet.



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THERAPEUTIC TAPING (cont.)

Non-Discrimination Statement:

Blue Cross Blue Shield of Arizona (BCBSAZ) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. BCBSAZ provides appropriate free aids and services, such as qualified interpreters and written information in other formats, to people with disabilities to communicate effectively with us. BCBSAZ also provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, call (602) 864-4884 for Spanish and (877) 475-4799 for all other languages and other aids and services.

If you believe that BCBSAZ has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: BCBSAZ's Civil Rights Coordinator, Attn: Civil Rights Coordinator, Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466, (602) 864-2288, TTY/TDD (602) 864-4823, crc@azblue.com. You can file a grievance in person or by mail or email. If you need help filing a grievance BCBSAZ's Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Multi-Language Interpreter Services:

Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Blue Cross Blue Shield of Arizona, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 602-864-4884.

Navajo: Díí kwe'é atah nilinígíí Blue Cross Blue Shield of Arizona haada yit'éego bina'idíílkidgo éí doodago Háida bíjá anilyeedígíí t'áadoo le'é yina'idíílkidgo beehaz'áanii hólo díí t'áa hazaadk'ehjí háká a'doowołgo bee haz'ą doo baqah ilinígóó. Ata' halne'ígíí kojí' bich'í' hodíilnih 877-475-4799.

Chinese: 如果您，或是您正在協助的對象，有關於插入項目的名稱 Blue Cross Blue Shield of Arizona 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 在此插入數字 877-475-4799。

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Blue Cross Blue Shield of Arizona quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 877-475-4799.

Arabic:

إن كان لديك أو لدى شخص تساعد أسئلة بخصوص Blue Cross Blue Shield of Arizona، فلديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 877-475-4799.

