THERAPEUTIC TAPING

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 rigid, highly adhesive, structurally supportive and 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 taping and McConnell taping) is considered experimental or investigational based upon:
  1. Insufficient scientific evidence to permit conclusions concerning the effect on health outcomes, and
  2. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.
THERAPEUTIC TAPING (cont.)

Resources:

Literature reviewed 09/13/16. We do not include marketing materials, poster boards and non-published literature in our review.


THERAPEUTIC TAPING (cont.)

Resources: (cont.)


THERAPEUTIC TAPING (cont.)

Resources: (cont.)


THERAPEUTIC TAPING (cont.)

Resources: (cont.)


40. Lim EC, Tay MG. Kinesio taping in musculoskeletal pain and disability that lasts for more than 4 weeks: is it time to peel off the tape and throw it out with the sweat? A systematic review with meta-analysis focused on pain and also methods of tape application. *Br J Sports Med*. Jan 16 2015.


THERAPEUTIC TAPING (cont.)

Resources: (cont.)


THERAPEUTIC TAPING (cont.)

Resources (cont.)


THERAPEUTIC TAPING (cont.)

Resources: (cont.)

