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:**

Physical therapy techniques including massage, myofascial manipulation, passive manual stretching, resistance exercises and pelvic floor exercises have been investigated as treatment for various pelvic floor disorders.
PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (cont.)

Criteria:

For physical therapy for urinary incontinence, see BCBSAZ Medical Coverage Guideline #O445, “Urinary Disorder Treatments”.

- Physical therapy for the following indications 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, and
  3. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

These indications include, but are not limited to:

- Bladder pain
- Bowel pain
- Chronic intrapelvic pain
- Cystocele
- Dyspareunia
- Endometriosis
- Fecal incontinence
- Interstitial cystitis
- Pelvic floor tension/myalgia
- Prolapsed bladder
- Prolapsed uterus
- Prolapsed vagina
- Urethral syndrome
- Vaginismus
- Vulvar vestibulitis
- Vulvodynia
PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (cont.)

Resources:

Literature reviewed 11/08/16. We do not include marketing materials, poster boards and non-published literature in our review.

1. ACOG. Committee Opinion Number 345 Vulvodynia,. October 2006 2006.

2. ACOG Committee Opinion Number 673 (Replaces Committee Opinion Number 345) O. Persistent Vulvar Pain. September 2016 2016.


PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (cont.)

Resources: (cont.)


PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (cont.)

Resources: (cont.)


33. Uptodate.com. Pelvic Floor Physical Therapy for Management of Myofascial Pelvic Pain Syndrome in Women. 05/21/2015.


PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (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 nílìnígíí Blue Cross Blue Shield of Arizona haada yít’éego bìna’idííkidgo éí doodago Háida bií já anilyeedígíí t’áaddo le’e yína’idííkidgo beehaz’áaníí hóló díí t’áá hazaadk’e hi háká a’dwolgo bee haz’a doo báagh ilínígóó. Ata’ halné’ígíí kojí bich’íš’ hódilínííí 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 vi sở có quyen duoc giup va co thiem thong tin bang ngon ngu cua minh cua phi. De noi chuyen voi mot thong dich vien, xin goi 877-475-4799.

Arabic: إن كان لديك أو أدى شخص يساعدك أسئلة بخصوص Blue Cross Blue Shield of Arizona غير مصمم، للاتصال بمكتبنا ب 877-475-4799.
PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS (cont.)

Multi-Language Interpreter Services: (cont.)

Tagalog: Kung ikaw, o ang iyong tunuwalan, ay maa matatagpuan tungkol sa Blue Cross Blue Shield of Arizona, maa karapatang na makatutulog at impormasyon sa iyong wika ng walang gastos. Upang makasap ang isang tagasal, tumawag sa 877-475-4799.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Blue Cross Blue Shield of Arizona에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 알 수 있는 권리가 있습니다. 그렇게 통화하시고 위탁하기 위해서는 877-475-4799로 전화하십시오.

French: Si vous, ou quelqu’un que vous êtes en train d’aider, a des questions à propos de Blue Cross Blue Shield of Arizona, vous avez le droit d’obtenir de l’aide et l’information dans votre langue à aucun coût. Pour parler à un interprète, appelez 877-475-4799.

German: Falls Sie oder jemand, dem Sie helfen, Fragen zum Blue Cross Blue Shield of Arizona haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 877-475-4799 an.

Russian: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Blue Cross Blue Shield of Arizona, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 877-475-4799.

Japanese: ご本人様、またはお客様の身の回りの方でも、Blue Cross Blue Shield of Arizonaに対してご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳をお話される場合、877-475-4799までお電話ください。

Farsi: 
آگر شما یا کسی که شما به آن کمک می‌کنید، سوال‌های مورد اطلاعات به زبان خود را به طور رایگان دریافت نمایید 877-475-4799.

Assyrian: 

Serbo-Croatian: Ukoiko Vi ili neko kome Vi pomažete ima pitanje o Blue Cross Blue Shield of Arizona, imate pravo da besplatno dobijate pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodiocem, nazovite 877-475-4799.

Thai: หากคุณ หรือผู้ที่คุณช่วยเหลือเกี่ยวกับ Blue Cross Blue Shield of Arizona คุณมีสิทธิ์ได้รับความช่วยเหลือและข้อมูลภาษาของคุณโดยไม่เสียค่าใช้จ่าย โปรดโทรตาม โทร 877-475-4799.