# Musculoskeletal, Arthritis and Related Disorders

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**CRITERIA**
- Each application reviewed by MRB and qualification is dependent upon individual's functional capacity, medical needs, and climate restriction, if any.

**ACTION**
- CLEAR
- CLEAR WITH RESTRICTIONS
- DEFER
- MNQ

**REQUIREMENTS/DEFER**

**RATIONALE**

**MEDICAL INFORMATION NEEDED:**
- Generic information

Orthopedics

ORTH-1 5/4/93
**CRITERIA**

- One episode, period > 3 mos. ago.

**ACTION**

- CLEAR

**RESTRICTIONS/DEFER**

- N/F

**RATIONALE**

- 1) Current
- 2) Recurrent

**UNTIL:**

- 1) Asymptomatic period of > 3 mos. or treatment completed and orthopedist considers minimal risk to recur.
- 2) Bursitis free, period of > 3 mos.

**MEDICAL INFORMATION NEEDED:**

- Orthopedics

**5/4/93**

**ORTH-2**
### Fractures (829)

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Action</th>
<th>Rationale</th>
<th>Medical Information Needed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Uncomplicated fractures of ankle, hand &gt; 3 mos. post.</td>
<td>Clear</td>
<td>1) Individual review by Orthopedist and MRB review, if needed.</td>
<td>Generic information; Orthopedist evaluation needed.</td>
</tr>
<tr>
<td>2) Uncomplicated fractures of tibia, femur, completely healed &gt; 6 mos.</td>
<td>Clear with restrictions</td>
<td>2&amp;3) R/O severe disease, see underlying diagnosis.</td>
<td></td>
</tr>
<tr>
<td>3) Uncomplicated compression fracture of spine, &gt; 5 yrs ago, applicant &lt; 65 yrs of age.</td>
<td>MRB/MED advisor Until: 1) Healed 3 mos. 2) Healed &gt; 6 mos.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Complicated fractures, multiple or recurrent fractures or fractures of spine, hip, skull, pelvis.</td>
<td>Defer</td>
<td>2) Uncomplicated fractures of tibia, femur, completely healed, &lt; 6 mos.</td>
<td></td>
</tr>
<tr>
<td>2) Stress fractures.</td>
<td>MNQ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Compression fracture of spine, &lt; 5 years ago.</td>
<td></td>
<td></td>
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</tbody>
</table>
CRITERIA

1. "Pulled" ligament of extremity: Post, 6 weeks asymptomatic
2. Single episode, asymptomatic period > 1 mo.
3. Tendonitis, "pulled" tendon, "tennis elbow"; past, asymptomatic for 1 mo.
4. Any surgical ligament repair post, currently asymptomatic

ACTION

CLEAR

CLEAR WITH RESTRICTIONS

RESTRICTIONS/DEFER

1. Job placement avoids over use of affected tendon.
2. No strenuous activity involving upper extremities.

RATIONALE

Orthopedics

ORTH-4
<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>ACTION</th>
<th>RATIONALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>→ 1) No pain with activity; surgery not recommended.</td>
<td>→ N/A</td>
<td>→ 1) Pain, with activity.</td>
</tr>
<tr>
<td>→ 2) Bunionectomy &gt; 3 mos., resumes full activity without pain.</td>
<td>→ CLEAR WITH RESTRICTIONS</td>
<td>→ 2) Will require surgery within next 3 yrs.</td>
</tr>
</tbody>
</table>

**ACTION**
- CLEAR
- CLEAR WITH RESTRICTIONS
- DEFER
- N/A

**RATIONALE**
- 1) Resolved
- 2) Post-surgery 3 mos; resumes full activities without pain.

**MEDICAL INFORMATION NEEDED:**
- Generic Information;
- Orthopedist if symptomatic (symptoms an indication for surgery).
- Pediatrician

**ORTHOPEDICS**
CARPAL TUNNEL SYNDROME (354.0)

CRITERIA
- Single episode, period > 6 mos; asymptomatic, following treatment.
- 1) Recurrent Carpal Tunnel Syndrome.
- 2) Symptoms controlled, period > 6 mos. by use of splinting during work, sleeping.

ACTION
- CLEAR
- CLEAR WITH RESTRICTIONS
- DEFER

RESTRICTIONS/DEFER
1&2) Avoid repetitive wrist motion, such as computer work or typing.

RATIONALE
- Avoid assignment to work related with causing carpal tunnel syndrome: computer work, typing, constant repetitive wrist motions.
- Carpal Tunnel Syndrome may be treated with local injections of steroids or surgery.

MEDICAL INFORMATION
- Functional capacity assessment.

MNQ
5/4/93
Orthopedics
ORTH0-6
Ganglions of the wrist are essentially harmless and usually painless. If painful, the ganglions are treated by needle decompression. If continues to recur after treatment, surgery is recommended.