

# ORTHOPEDICS

7

# MUSCULOSKELETAL, ARTHRITIS AND RELATED DISORDERS

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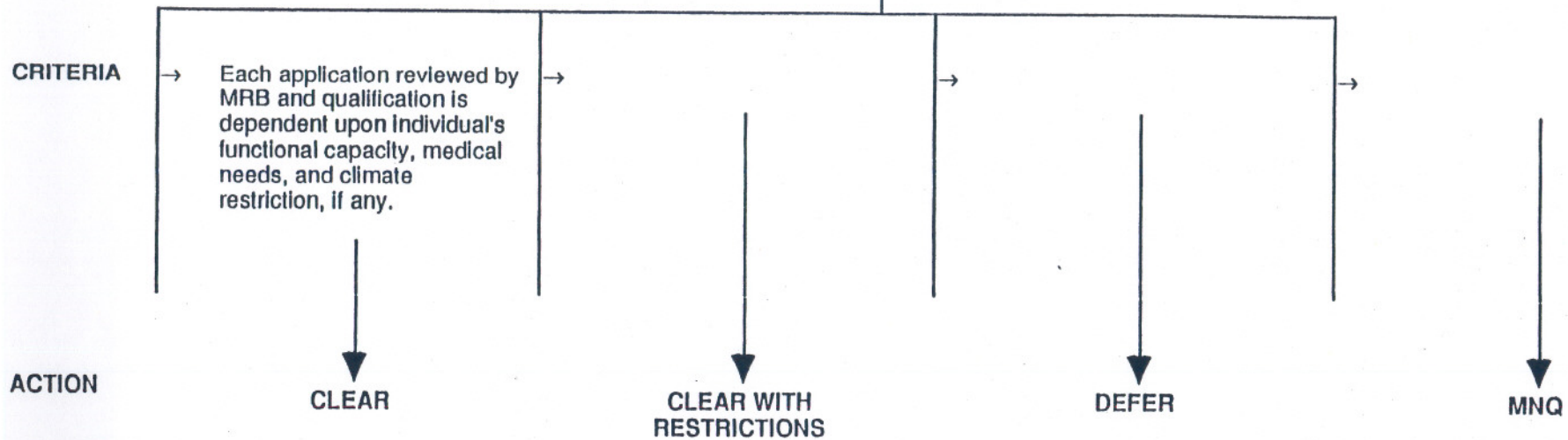
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**RESTRICT-  
IONS/DEFER**

**RATIONALE**

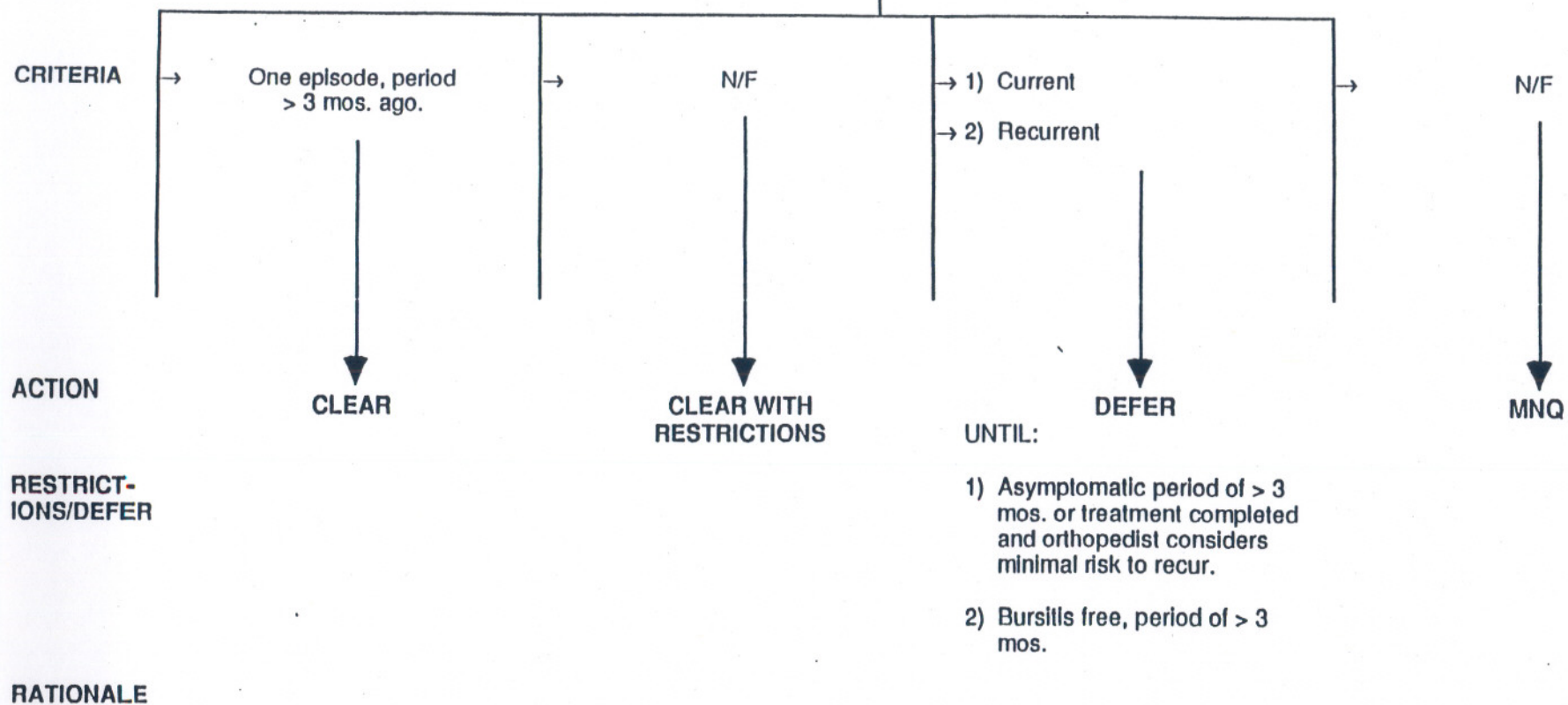
**MEDICAL  
INFORMATION  
NEEDED:**

Generic Information

5/4/93



# BURSITIS (727.3)



MEDICAL  
INFORMATION  
NEEDED:

Generic Information

## FRACTURES (829)

CRITERIA	→ 1) Uncomplicated fractures of ankle, hand > 3 mos. post.  → 2) Uncomplicated fractures of tibia, femur, completely healed > 6 mos.  → 3) Uncomplicated compression fracture of spine, > 5 yrs ago, applicant < 65 yrs of age.	→ N/A	→ 1) Complicated fractures, multiple or recurrent fractures or fractures of spine, hip, skull, pelvis.  → 2) Stress fractures.  → 3) Compression fracture of spine, < 5 years ago.	→ 1) Uncomplicated fractures of ankle, hand < 3 mos. past.  → 2) Uncomplicated fractures of tibia femur, completely healed, < 6 mos.	→ N/A
ACTION	CLEAR	CLEAR WITH RESTRICTIONS	MRB/ MED ADVISOR	DEFER	MNQ
RESTRICT- IONS/DEFER			1) Individual review by Orthopedist and MRB review, if needed.  2&3) R/O severe disease, see underlying diagnosis.	1) Healed 3 mos. 2) Healed > 6 mos.	
RATIONALE					

**MEDICAL INFORMATION NEEDED:**

Generic information;  
Orthopedist evaluation needed.

# LIGAMENTS (840 - 848); SPRAINS (840 - 848); TENDONS (726.9); RECONSTRUCTION

CRITERIA	<ul style="list-style-type: none"> <li>→ 1) "Pulled" ligament of extremity: Post, 6 weeks asymptomatic</li> <li>→ 2) Single episode, asymptomatic period &gt; 1 mo.</li> <li>→ 3) Tendonitis, "pulled" tendon, "tennis elbow"; past, asymptomatic for 1 mo.</li> <li>→ 4) Any surgical ligament repair post <del>2</del> yrs; currently asymptomatic</li> </ul> <p><i>6 mos</i></p>	<ul style="list-style-type: none"> <li>→ 1) Recurrent tendonitis</li> <li>→ 2) Surgical repair of shoulder, elbow, wrist between 6 mths and 2 yrs.</li> </ul>	<ul style="list-style-type: none"> <li>→ 1) Current, evaluation by Orthopedist (ligaments).</li> <li>→ 2) Current, recurrent sprain, requiring brace</li> <li>→ 3) Tendonitis current.</li> <li>→ 4) Reconstruction, surgical repair</li> </ul>	→ N/A
ACTION	CLEAR	CLEAR WITH RESTRICTIONS	DEFER	MNQ
RESTRICTIONS/DEFER		<ul style="list-style-type: none"> <li>1) Job placement avoids over use of affected tendon.</li> <li>2) No strenuous activity involving upper extremities.</li> </ul>	UNTIL: <ul style="list-style-type: none"> <li>1) Resolved and asymptomatic, for 6 wks., requiring no further F/U care.</li> <li>2&amp;3) Resolved and asymptomatic, for period &gt; 1 mo., requiring no further F/U care. <i>6 mos</i></li> <li>4) For <del>1</del> yr for lower extremities for shoulder, wrist, elbow, 6 mths; post surgery</li> </ul>	

## RATIONALE

## BUNIONS (727.1), BUNIONECTOMY (77.5)

CRITERIA	→ 1) No pain with activity; surgery not recommended. → 2) Bunionectomy > 3 mos., resumes full activity without pain.	→	N/A	→	→ 1) Pain, with activity. → 2) Will require surgery within next 3 yrs.	→	N/A
ACTION	↓ <b>CLEAR</b>		↓ <b>CLEAR WITH RESTRICTIONS</b>		↓ <b>DEFER</b>		↓ <b>MNQ</b>
RESTRICT- IONS/DEFER					UNTIL: 1) Resolved 2) Post-surgery 3 mos; resumes full activities without pain.		
RATIONALE							

### MEDICAL INFORMATION NEEDED:

Generic Information;

Orthopedist if symptomatic (symptoms an indication for surgery).

*Podiatrist*



# 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.	→ Currently under treatment with active symptoms of pain, numbness and tingling of fingers and hand.	→ N/A
ACTION	CLEAR	CLEAR WITH RESTRICTIONS	DEFER UNTIL:	MNQ
RESTRICT- IONS/DEFER		1&2) Avoid repetitive wrist motion, such as computer work or typing.	The 6 mos. post treatment and asymptomatic	
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.	

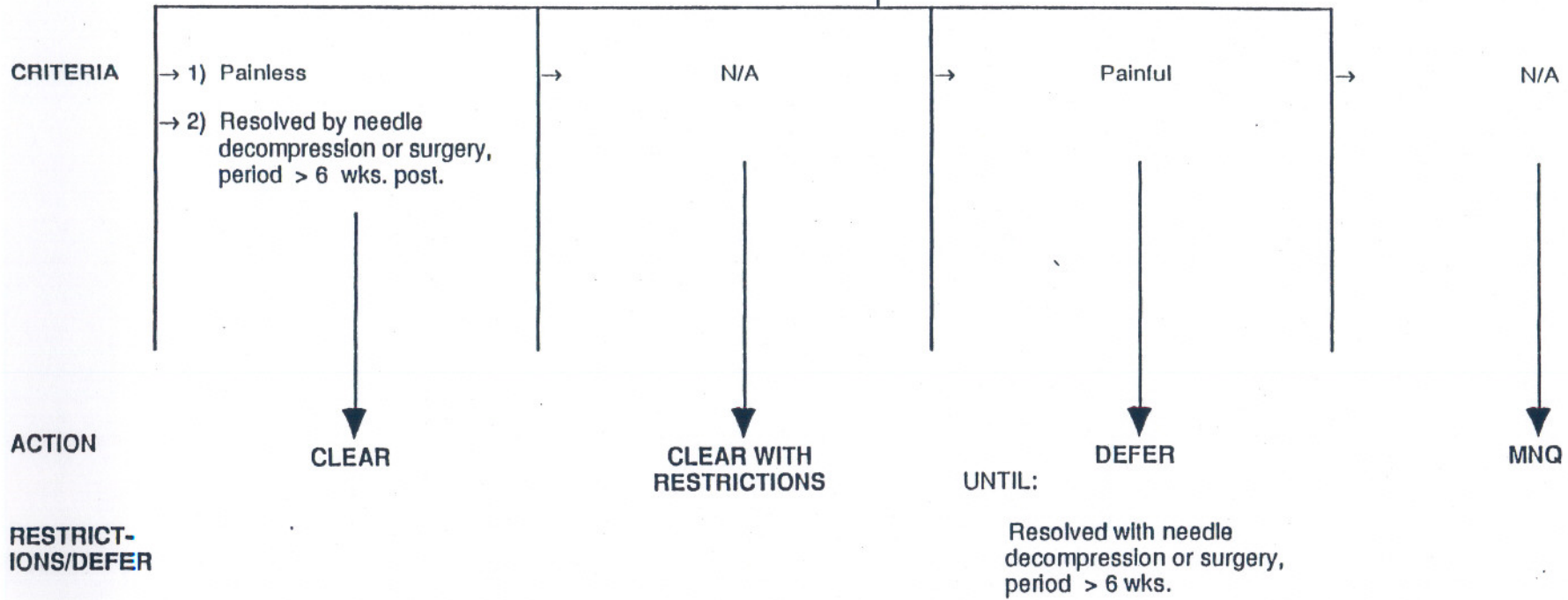
## MEDICAL INFORMATION NEEDED:

Generic Information

Functional capacity assessment.

5/4/93

# GANGLION (727.43)



**RATIONALE** 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.

**MEDICAL  
INFORMATION  
NEEDED:**

Generic Information