

## Medical Coverage Policy | Vertebral Axial Decompression



**EFFECTIVE DATE:** 07|01|2007  
**POLICY LAST UPDATED:** 06|04|2020

### OVERVIEW

Vertebral axial decompression applies traction to the vertebral column to reduce intradiscal pressure and, in doing so, potentially relieves low back pain associated with herniated lumbar discs or degenerative lumbar disc disease.

### MEDICAL CRITERIA

Not Applicable

### PRIOR AUTHORIZATION

Not Applicable

### POLICY STATEMENT

#### BlueCHiP for Medicare

Vertebral axial decompression is considered not covered as the evidence is insufficient to determine the effects of the technology on health outcomes.

#### Commercial Products

Vertebral axial decompression is considered not medically necessary as the evidence is insufficient to determine the effects of the technology on health outcomes.

### COVERAGE

Benefits may vary between groups and contracts. Please refer to the appropriate Benefit Booklet, Evidence of Coverage or Subscriber Agreement for applicable not medically necessary/not covered benefits/coverage.

### BACKGROUND

Vertebral axial decompression (also referred to as mechanized spinal distraction therapy) is used as traction therapy to treat chronic low back pain. In general, during treatment, the patient wears a pelvic harness and lies prone on a specially equipped table. The table is slowly extended, and a distraction force is applied via the pelvic harness until the desired tension is reached, followed by a gradual decrease of the tension. The cyclic nature of the treatment allows the patient to withstand stronger distraction forces compared with static lumbar traction techniques. An individual session typically includes 15 cycles of tension, and 10 to 15 daily treatments may be administered.

Several devices used for vertebral axial decompression have been cleared for marketing by the U.S. Food and Drug Administration through the 510(k) process. Devices include the VAX-D®, Decompression Reduction Stabilization (DRS®) System, Accu-SPINA® System, DRX-3000®, DRX9000®, SpineMED Decompression Table®, Antalgic-Trak®, Lordex® Traction Unit, and Triton® DTS. According to labeled indications from the Food and Drug Administration, vertebral axial decompression may be used as a treatment modality for patients with incapacitating low back pain and for decompression of the intervertebral discs and facet joints. Food and Drug Administration product code: ITH.

Evidence for the efficacy of vertebral axial decompression on health outcomes is limited. Because a placebo effect may be expected with any treatment that has pain relief as the principal outcome, randomized trials

with validated outcome measures are required. The only sham-controlled randomized trial published to date did not show a benefit of vertebral axial decompression compared with the control group. Therefore, vertebral axial decompression is considered not medically necessary as there is insufficient to determine the effects of the technology on health outcomes.

### **CODING**

The following HCPCS code is not covered for BlueCHiP for Medicare and not medically necessary for Commercial products:

**S9090** Vertebral axial decompression, per session

It is incorrect coding to file vertebral axial decompression using any other health service code such as chiropractic manipulation, nerve decompression surgery, or physical therapy manipulation.

### **RELATED POLICIES**

None

### **PUBLISHED**

Provider Update, August 2020

Provider Update, August 2019

Provider Update, February 2019

Provider Update, July 2017

Provider Update, October 2016

~~Provider Update, April 2015~~

### **REFERENCES**

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- 3.Fritz JM, Lindsay W, Matheson JW et al. Is there a subgroup of patients with low back pain likely to benefit from mechanical traction? Results of a randomized clinical trial and subgrouping analysis. *Spine* 2007; 32(26):E793-800.
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