E·QUAL EMERGENCY QUALITY NETWORK

Opioid Initiative Wave II – OMT & Greater Trochanter Injections
Presenter

Alexis LaPietra, DO
Greater Trochanteric Pain Syndrome

Osteopathic Manipulate Therapy

Alexis LaPietra, DO, FACEP
Chair, ACEP Pain/Addiction Section
System Chief, Pain/Addiction
St. Joseph’s Health
Paterson, NJ
Case 1
Resisted External Derotation Test
Joint vs Soft tissue

• Joint pathology
  • Passive ROM = PAIN
  • ROM is restricted

• Muscle-tendon pathology
  • Active and resisted ROM = PAIN
  • Stretching = PAIN
Get an XR

CALCIUM DEPOSITION

FRACTURE
Option 1

- Acetaminophen 1000 mg q 6
- Ibuprofen 400 mg q 6
- Diclofenac 1.3% patch
  OR
- Diclofenac 1% gel
- Lidocaine 5% (ointment)

Physical Therapy
Option 2

Bursa Injection

22 gauge 1.5 inch

5 mL

Sterile

Triamcinolone 40 mg/1 mL
At 3 months

55% relief in Injection group

34% relief in analgesic group
OMT
Restricted ROM LEFT

global tenderness + spasm diffusely

Ibuprofen 800 mg

APAP 1000 mg

Lidocaine Patch 5%
Osteopathic Manipulative Therapy
This is applicable to you

- 130+ million ED visits per year in the US
- 11% have OMT appropriate diagnoses
  - Musculoskeletal complaints
  - Strains and Sprains
- $40-$80 reimbursement for OMT treatments
Evidence

Ankle sprain
OMT + analgesics vs analgesics alone

Acute neck pain
OMT vs IM ketorolac

Eisenhart 2003
Mcreynolds 2005
Muscle Energy
Stretch affected muscle completely

Have patient push against you for 3 seconds (isometric)

Stretch affected muscle completely AGAIN
Have patient push against you for 3 seconds (isometric)

Stretch affected muscle completely

Stretch affected muscle completely... AGAIN

REPEAT x3
Contraindications

- Severe muscle strains
- Severe debilitating osteoporosis
- Patient requires intensive care monitoring
- Fracture, dislocation, or severe joint instability at treatment site
- Malignancy at the site of treatment
- Osteomyelitis
- Uncooperative patient
“There is tenderness, restricted movement, asymmetry, and spasm in the right paraspinal cervical muscle.”

“Muscle energy was used to treat dysfunction.”

“No complications noted, time out performed.”
Documentation and Reimbursement

Reimbursement
- Use modifier-25 to the CPT code
  - 1-2 regions 98925.25
  - 3-4 regions 98926.25

Diagnosis should reflect the appropriate pathology
- Cervical Somatic Dysfunction ICD-10 M99.01
- Thoracic Somatic Dysfunction ICD-10 M99.02
- Lumbar Somatic Dysfunction OCD-10 M99.03
Patient Satisfaction
Take Home Point

Osteopathic Manipulative Therapy is an easy hands on procedure to treat muscle tension and spasm

$ You can BILL for it $
Not all HIP Pain is osteoarthritis

DRUGS have their limits

GTPS hip pain = local + steroid injection

OMT is safe, effective, and a billable way to Tx Neck Pain
THANK YOU!

LAPIETRA@SJHMC.ORG
For More Information

- E-QUAL Website
  - www.acep.org/equal
  - equal@acep.org

- Contacts:
  - Nalani Tarrant: (Director)
    ntarrant@acep.org
  - Dhruv Sharma: (Project Manager)
    dsharma@acep.org
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