

# Spinal Braces, Orthotics and Garments, DME 244

## Table of Content

[Purpose](#)  
[Description & Definitions](#)  
[Criteria](#)  
[Coding](#)  
[Document History](#)  
[References](#)  
[Special Notes](#)  
[Keywords](#)

[Effective Date](#) 01/2019  
[Next Review Date](#) 06/2025  
[Coverage Policy](#) DME 244  
[Version](#) 6

**Member-specific benefits take precedence over medical policy and benefits may vary across plans. Refer to the individual's benefit plan for details <sup>\*</sup>.**

### Purpose:

This policy addresses Spinal Braces, Orthotics and Garments.

### Description & Definitions:

Spinal orthoses can protect the spine to prevent further injury or can correct the position of the spine. A spinal orthosis may be prefabricated, custom-fitted (a prefabricated brace modified to fit a person), or custom-fabricated (individually constructed to fit a specific person).

- off-the-shelf" (OTS) is a prefabricated orthosis that requires minimal adjustment on final delivery.
- Custom-fit is a prefabricated orthosis that requires a moderate to maximum adjustment on final delivery.
- A custom-fabricated orthosis is made and fitted to a specific individual

Benik Shorts are custom, compression shorts to provide additional support to back, stomach, hips and thighs for additional support and alignment during exercise.

Suit Therapy is an orthotic, lycra apparel that provides stability for tone, posture and controlled stability.

### Criteria:

Spinal Orthoses is considered medically necessary for **1 or more** of the following:

- An off-the-shelf, unmodified, prefabricated brace when ordered for 1 or more of the following:
  - To reduce pain by restricting mobility of trunk
  - To facilitate healing following injury to spine or related soft tissues when applied within 6 weeks of injury
  - To facilitate healing following surgical procedure on spine or related soft tissue when applied within 6 weeks of surgery
  - To otherwise support weak spinal muscles and/or deformed spine
  - Bracing of children or adolescents with scoliosis
- A custom fitted brace for **1 or more** of the following:
  - Individual has a contraindication to, cannot tolerate or there has been a failure of an unmodified, prefabricated (off-the-shelf) back brace

- As the initial brace following surgical stabilization of the spine of a traumatic injury
- As the initial treatment for burst fractures (two or three column injuries) of the thoracic or lumbar spine
- A custom fabricated brace if the individual cannot tolerate or there has been a failure of a custom fitted back brace.
- For Congenital Defects Orthopedic back braces for the treatment of congenital defects of **1 or more** of the following:
  - Adolescent idiopathic scoliosis treatment if utilizing **1 or more** of the following approved bracing systems:
    - Boston scoliosis brace
    - Charleston scoliosis brace
    - Milwaukee scoliosis brace
    - Providence brace
    - Rigo-Cheneau brace
    - Risser jacket
    - Standard thoracolumbosacral orthosis (TLSO)

Spinal Braces, Orthotics and Garments **do not meet the definition of medical necessity**, to include but not limited to:

- Benik shorts
- Comfort, non-therapeutic braces
- Copes scoliosis brace
- Rosenberger brace
- ScoliBrace
- ScoliSmart activity suit
- Spinal orthosis for as a preoperative diagnostic tool prior to lumbar fusion surgery
- SpineCor Dynamic Corrective Brace
- Spine and Scapula Stabilizing brace (the S3 brace)
- Suit therapy
- UNYQ customized brace

## Coding:

Medically necessary with criteria:

Coding	Description
L0450	Thoracic-lumbar-sacral orthosis (TLSO), flexible, provides trunk support, upper thoracic region, produces intracavitary pressure to
L0452	Thoracic-lumbar-sacral orthosis (TLSO), flexible, provides trunk support, upper thoracic region, produces intracavitary pressure to
L0454	Thoracic-lumbar-sacral orthosis (TLSO), flexible, provides trunk support, extends from sacrococcygeal junction to above T-9
L0455	Thoracic-lumbar-sacral orthosis (TLSO), flexible, provides trunk support, extends from sacrococcygeal junction to above T-9 vertebra, restricts gross trunk motion in the sagittal plane, produces intracavitary pressure to reduce load on the intervertebral disks with rigid stays or panel(s), includes shoulder straps and closures, prefabricated, off-the-shelf
L0457	Thoracic-lumbar-sacral orthosis (TLSO), flexible, provides trunk support, thoracic region, rigid posterior panel and soft anterior apron, extends from the sacrococcygeal junction and terminates just inferior to the scapular spine, restricts gross trunk motion in the sagittal plane, produces intracavitary pressure to reduce load on the intervertebral disks, includes straps and closures, prefabricated, off-the-shelf

L0458	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, modular segmented spinal system, two rigid plastic shells, posterior extends from the sacrococcygeal junction and terminates just inferior to the scapular spine, anterior extends from the symphysis pubis to the xiphoid, soft liner, restricts gross trunk motion in the sagittal, coronal, and transverse planes, lateral strength is provided by overlapping plastic and stabilizing closures, includes straps and closures, prefabricated, includes fitting and adjustment
L0462	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, modular segmented spinal system, three rigid plastic shells, posterior
L0466	Thoracic-lumbar-sacral orthosis (TLSO), sagittal control, rigid posterior frame and flexible soft anterior apron with straps, closures and padding, restricts gross trunk motion in sagittal plane, produces intracavitary pressure to reduce load on intervertebral disks, prefabricated item that has been trimmed, bent, molded, assembled, or otherwise customized to fit a specific patient by an individual with expertise
L0467	Thoracic-lumbar-sacral orthosis (TLSO), sagittal control, rigid posterior frame and flexible soft anterior apron with straps, closures and padding, restricts gross trunk motion in sagittal plane, produces intracavitary pressure to reduce load on intervertebral disks, prefabricated, off-the-shelf
L0468	Thoracic-lumbar-sacral orthosis (TLSO), sagittal-coronal control, rigid posterior frame and flexible soft anterior apron with straps, closures and padding, extends from sacrococcygeal junction over scapulae, lateral strength provided by pelvic, thoracic, and lateral frame pieces, restricts gross trunk motion in sagittal, and coronal planes, produces intracavitary pressure to reduce load on intervertebral disks, prefabricated item that has been trimmed, bent, molded, assembled, or otherwise customized to fit a specific patient by an individual with expertise
L0469	Thoracic-lumbar-sacral orthosis (TLSO), sagittal-coronal control, rigid posterior frame and flexible soft anterior apron with straps, closures and padding, extends from sacrococcygeal junction over scapulae, lateral strength provided by pelvic, thoracic, and lateral frame pieces, restricts gross trunk motion in sagittal and coronal planes, produces intracavitary pressure to reduce load on intervertebral disks, prefabricated, off-the-shelf
L0470	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, rigid posterior frame and flexible soft anterior apron with straps, closures
L0472	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, hyperextension, rigid anterior and lateral frame extends from symphysis
L0480	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, one-piece rigid plastic shell without interface liner, with multiple straps and
L0482	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, one-piece rigid plastic shell with interface liner, multiple straps and
L0484	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, two-piece rigid plastic shell without interface liner, with multiple straps and
L0486	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, two-piece rigid plastic shell with interface liner, multiple straps and closures,
L0488	Thoracic-lumbar-sacral orthosis (TLSO), triplanar control, one-piece rigid plastic shell with interface liner, multiple straps and
L0490	Thoracic-lumbar-sacral orthosis (TLSO), sagittal-coronal control, one-piece rigid plastic shell, with overlapping reinforced anterior,
L0491	Thoracic-lumbar-sacral orthosis (TLSO), sagittal-coronal control, modular segmented spinal system, two rigid plastic shells, posterior
L0492	Thoracic-lumbar-sacral orthosis (TLSO), sagittal-coronal control, modular segmented spinal system, three rigid plastic shells,
L0621	Sacroiliac orthosis (SO), flexible, provides pelvic-sacral support, reduces motion about the sacroiliac joint, includes straps, closures,

L0622	Sacroiliac orthosis (SO), flexible, provides pelvic-sacral support, reduces motion about the sacroiliac joint, includes straps, closures,
L0623	- Sacroiliac orthosis (SO), provides pelvic-sacral support, with rigid or semi-rigid panels over the sacrum and abdomen, reduces motion
L0624	Sacroiliac orthosis (SO), provides pelvic-sacral support, with rigid or semi-rigid panels placed over the sacrum and abdomen, reduces
L0625	Lumbar orthosis (LO), flexible, provides lumbar support, posterior extends from L-1
L0626	Lumbar orthosis (LO), sagittal control, with rigid posterior panel(s), posterior extends from L-1
L0627	Lumbar orthosis (LO), sagittal control, with rigid anterior and posterior panels, posterior extends from L-1
L0628	Lumbar-sacral orthosis (LSO), flexible, provides lumbo-sacral support, posterior extends from sacrococcygeal junction to T-9
L0629	Lumbar-sacral orthosis (LSO), flexible, provides lumbo-sacral support, posterior extends from sacrococcygeal junction to T-9
L0630	Lumbar-sacral orthosis (LSO), sagittal control, with rigid posterior panel(s), posterior extends from sacrococcygeal junction to T-9
L0631	Lumbar-sacral orthosis (LSO), sagittal control, with rigid anterior and posterior panels, posterior extends from sacrococcygeal junction
L0632	Lumbar-sacral orthosis (LSO), sagittal control, with rigid anterior and posterior panels, posterior extends from sacrococcygeal junction
L0633	Lumbar-sacral orthosis (LSO), sagittal-coronal control, with rigid posterior frame/panel(s), posterior extends from sacrococcygeal
L0634	Lumbar-sacral orthosis (LSO), sagittal-coronal control, with rigid posterior frame/panel(s), posterior extends from sacrococcygeal
L0635	Lumbar-sacral orthosis (LSO), sagittal-coronal control, lumbar flexion, rigid posterior frame/panel(s), lateral articulating design to flex
L0636	Lumbar-sacral orthosis (LSO), sagittal-coronal control, lumbar flexion, rigid posterior frame/panels, lateral articulating design to flex
L0637	Lumbar-sacral orthosis (LSO), sagittal-coronal control, with rigid anterior and posterior frame/panels, posterior extends from
L0639	Lumbar-sacral orthosis (LSO), sagittal-coronal control, rigid shell(s)/panel(s), posterior extends from sacrococcygeal junction to T-9
L0640	Lumbar-sacral orthosis (LSO), sagittal-coronal control, rigid shell(s)/panel(s), posterior extends from sacrococcygeal junction to T-9
L0641	Lumbar orthosis (LO), sagittal control, with rigid posterior panel(s), posterior extends from L-1
L0642	Lumbar orthosis (LO), sagittal control, with rigid anterior and posterior panels, posterior extends from L-1
L0643	Lumbar-sacral orthosis (LSO), sagittal control, with rigid posterior panel(s), posterior extends from sacrococcygeal junction to T-9
L0648	Lumbar-sacral orthosis (LSO), sagittal control, with rigid anterior and posterior panels, posterior extends from sacrococcygeal junction
L0649	Lumbar-sacral orthosis (LSO), sagittal-coronal control, with rigid posterior frame/panel(s), posterior extends from sacrococcygeal

L0650	Lumbar-sacral orthosis (LSO), sagittal-coronal control, with rigid anterior and posterior frame/panel(s), posterior extends from
L0651	Lumbar-sacral orthosis (LSO), sagittal-coronal control, rigid shell(s)/panel(s), posterior extends from sacrococcygeal junction to T-9
L1310	Other scoliosis procedure, postoperative body jacket
L1499	Spinal orthotic, not otherwise specified
L2999	Lower extremity orthoses, NOS

Considered Not Medically Necessary:

Coding	Description
	None

## Document History:

Revised Dates:

- 2024: June – updated description references updated.
- 2022: June
- 2021: May, July
- 2019: November

Reviewed Dates:

- 2023: June
- 2020: August

Effective Date:

- January 2019

## References:

Including but not limited to: Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; UpToDate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

(2023, Sep 21). Retrieved Apr 05, 2024, from MCG: <https://careweb.careguidelines.com/ed27/index.html>

Dereli, E. G. (2021). Guidelines for the conservative treatment of spinal deformities – Questionnaire for a Delphi consensus. Retrieved Apr 05, 2024, from PubMed: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8678962/>

LCA: Spinal Orthoses: TLSO and LSO - Policy Article. (2024, Jan 23). Retrieved Apr 04, 2024, from Centers for Medicare and Medicaid Services: <https://www.cms.gov/medicare-coverage-database/view/article.aspx?articleid=52500>

LCD: Spinal Orthoses: TLSO and LSO (L33790). (2020, Jan 01). Retrieved Apr 05, 2024, from Centers for Medicare and Medicaid Services: <https://www.cms.gov/medicare-coverage-database/view/lcd.aspx?lcdid=33790&ver=20&>

Nonsurgical Treatment Options for Scoliosis. (2019). Retrieved Apr 05, 2024, from American Academy of Orthopaedic Surgeons: <https://orthoinfo.aaos.org/en/treatment/nonsurgical-treatment-options-for-scoliosis/>

Provider Manual Title: Durable Medical Equipment - Chapter IV: Covered Services and Limitations. (2024, Jan 04). Retrieved Apr 05, 2024, from Department of Medical Assistance Services - MES Public Portal: [https://vamedicaid.dmas.virginia.gov/sites/default/files/2024-01/DME%20Chapter%20IV%20%28updated%201.4.24%29\\_Final.pdf](https://vamedicaid.dmas.virginia.gov/sites/default/files/2024-01/DME%20Chapter%20IV%20%28updated%201.4.24%29_Final.pdf)

Sec. 890.3490 Truncal orthosis. (2023, Dec 22). Retrieved Apr 05, 2024, from Code of Federal Regulations: <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=890.3490>

### Special Notes: \*

Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment, and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving, and these medical policies are subject to change without notice, although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

Services mean both medical and behavioral health (mental health) services and supplies unless We specifically tell You otherwise. We do not cover any services that are not listed in the Covered Services section unless required to be covered under state or federal laws and regulations. We do not cover any services that are not Medically Necessary. We sometimes give examples of specific services that are not covered but that does not mean that other similar services are covered. Some services are covered only if We authorize them. When We say You or Your We mean You and any of Your family members covered under the Plan. Call Member Services if You have questions.

### MUST SEE MEMBER BENEFIT FOR DETERMINATION.

We only cover DME that is Medically Necessary and prescribed by an appropriate Provider. We also cover colostomy, ileostomy, and tracheostomy supplies, and suction and urinary catheters. We do not cover DME used primarily for the comfort and wellbeing of a Member. We will not cover DME if We deem it useful, but not absolutely necessary for Your care. We will not cover DME if there are similar items available at a lower cost that will provide essentially the same results as the more expensive items.

Pre-Authorization is Required for All Rental Items.

Pre-Authorization is Required for All Repair and Replacement.

### Keywords:

SHP Spinal Braces, Orthotics and Garments, TSLO, SDO, SHP Durable Medical Equipment 244, brace, external apparatus, deformity, spine, Benik Shorts, Suit Therapy Dynamic Lycra Suit, Powered and non-powered exoskeleton devices, ReWalk Personal System, Copes spinal scoliosis brace, SpineCor spinal orthosis, Rosenberger brace, ScoliBrace, ScoliSMART, UNYQ customized brace, Cheneau brace, Soft Active Dynamic bracing, Adeli Suit, Penguin Suit, Polish Suit, NeuroSuit, Therapy Suit, Therasuit, TheraTogs, Benik vest/trunk support, Benik dynamic trunk orthosis, Dynamic Movement Orthoses, Dynamic movement TLSO "brace", Dynamic Lycra Suit, Stabilizing Pressure Input Orthoses, Rigo Cheneau, Custom TSLO, Sensory Dynamic Orthotic, Suit Therapy "Dynamic Lycra Suit", dynamic spinal brace