Children's Hospital and Health System
Chorus Community Health Plans
Policy and Procedure

This policy applies to the following entity(s):

- CHW – Milwaukee
- CHHS Foundation
- CHW – Community Services Division
- Children’s Medical Group - Primary Care
- Children’s Medical Group - Urgent Care

Medical Utilization Management Policy

SUBJECT: LUMBOSACRAL ORTHOTICS (BACK BRACES)

INCLUDED PRODUCT(S):

- Medicaid
  - BadgerCare Plus
  - Care4Kids Program
- Individual and Family
  - Commercial
  - Marketplace

PURPOSE OR DESCRIPTION:
The purpose of this policy is to define criteria for the medically necessary use of lumbosacral orthotic (LSO) devices. Note this policy does not apply to congenital or idiopathic scoliosis in a child or adolescent.

Clear guidelines for use of lumbosacral orthotics do not exist in the medical literature, as meaningful and universal studies are lacking. Expert opinion in the Orthopedic community support the use of LSO for patients with back pain or injury citing benefits to patients and lack of side effects. Additionally, LSO provide an alternative to opioids for control of back pain. Local, State, and Federal officials have called upon the health care sector to play a role in the opioid crisis including the US Surgeon General who stated “it is crucial to improve access to non-opioid pain management options.”
**POLICY:**
Lumbar, lumbosacral, or thoracolumbosacral orthotics may be indicated for 1 or more of the following:
1. Following injury to spine or surrounding soft tissues
2. Following surgical procedure on spine or surrounding soft tissues
3. Need to restrict spine mobility to assist with pain control
4. Need to support spinal deformities or weak or injured spinal muscles

**REFERENCES:**
1. Effectiveness of lumbar orthoses in low back pain: Review of the literature and our results. C. Schott et al. Orthopedic Reviews 2018; volume 10:7791