

# Cold Therapy, Heat Therapy, Combined Heat and Cold Therapy



## Medicaid Medical Coverage Policy

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## Description

Cold therapy devices combine cold temperatures and compression to decrease discomfort and swelling following injury or surgery to an extremity. Decreasing the temperature of the tissue produces vasoconstriction, theoretically reducing inflammation, muscle spasm and pain.

Active cold therapy devices and combined heat and cold therapy devices use battery or electric powered pneumatic or mechanical pumps. The pump functions to provide cyclical compression and cooling or heating to the affected area. The devices generally consist of two basic parts: a wrap or wrap system and a control unit or pump, which is filled with ice and/or water. The control unit or pump circulates the cooled or heated water through the wrap system to the affected area.

Passive cold therapy devices operate by gravity or a hand pump without the use of a battery or electricity. Generally, they consist of a cuff or wrap and a cooler. Ice water is placed in the reservoir (cooler). The cooler is placed above the affected body area or joint using gravity to fill the cuff and compress the joint.

Heating devices are used for a variety of indications including joint pain and muscle spasms. The application of heat may ease pain by dilating the blood vessels and decreasing painful stiffness of soft tissues surrounding the injured area.

Examples of **active cooling** or **heating devices** and/or **combination compression and cooling devices** include, but may not be limited to:

- **AirCast Cryo/Cuff IC Cooler System** – Therapy system consisting of a cuff, a cooler and a hose. The hose exchanges cooled ice water between the cooler and the cuff which covers the injured area. Unlike the AirCast Cryo/Cuff Gravity Cooler, this system contains a built-in pneumatic pump, and provides cold and compression by either gravity or motorized electrical power.
- **BioCryo Cold Compression System** – A cold compression system that uses a cold gel pack insert, rather than ice and water. A pneumatic compression pump provides the intermittent compression.
- **DonJoy IceMan Clear3 Cold Therapy System** and **DonJoy Iceman Classic3 Cold Therapy Unit** – Utilize a semi-closed loop system with a mechanical pump that allows cooled water to circulate at a constant flow rate, providing consistent cold distribution throughout the pad.
- **Game Ready GRPRO 2.1** – System that *combines* cold and intermittent pneumatic compression therapies. It includes a computer that controls treatment time, level of compression and temperature. The unit continuously cycles liquid through circumferential wraps for consistent, long lasting cold treatment, even over large surface areas.
- **Polar Care Cube, Polar Care Glacier, and Polar Care Kodiak Cold Therapy Systems** – Provide cold therapy via a battery powered pump to a reusable pad, which is applied to the area of the body to be treated. These devices differ on the length of continuous treatment they may provide.
- **Polar Care Wave** – Combines motorized cold therapy with intermittent active compression.
- **ThermoComp Cold Therapy** – Provides continuous cold therapy at preprogrammed intervals without the need to add water or ice; power provided by an electric motor. This device does not provide pneumatic compression.
- **ThermoComp Compression Therapy, VascuTherm 4 and VPulse** – Devices that *combine* cold therapy with intermittent compression.
- **ThermoComp Contrast Therapy** – Provides contrast therapy with 20 minutes of cold therapy followed by 10 minutes of heat therapy; power is supplied by an electrical pump.
- **VascuTherm 5** – System that *combines* cold *or* heat with intermittent pneumatic compression therapy. It may also provide thermal contrast therapy consisting of 20 minutes of cold therapy followed by 10 minutes of heat therapy while also delivering intermittent pneumatic compression.
- **VitalWrap System** – This system consists of 3 components: a control unit, a tubing set and a thermal fabric wrap. The control unit, which includes a fluid reservoir, manages the temperature of water used by the system to supply heat or cold to the fabric wrap attached to the body. Compression is delivered through the wrap itself.

- **Zynex CryoHeat** – Provides heat/cold therapy by the application of a universal therapy pad (rubber pad) connected by a hose to the main unit. The pad receives fluid that has circulated from the main unit and can be either hot or cold. This device does not provide compression therapy.

Examples of **passive cold therapy devices** include, but may not be limited to:

- **AirCast Cryo/Cuff Gravity Cooler** – Therapy system consisting of a cuff, a cooler and a hose. The hose exchanges cooled ice water between the cooler and the cuff which covers the injured area. Elevating the cooler fills and pressurizes the cuff. Compression is controlled by gravity and is proportional to the elevation of the cooler.
- **Cryo Pneumatic Knee Splint and Cryo Pneumatic Shoulder** – This device combines cold therapy with pneumatic compression. The cold therapy is provided by a removable/reusable gel pack, and the compression is controlled by a pump bulb that can be detached once the desired compression is achieved. Similar systems include the **Cryo Pneumatic Knee Orthosis w/Hinge** and **Cryo Pneumatic Knee Orthosis w/ROM Hinge**.
- **Elasto-Gel Cold/Hot Therapy Wrap** – Reusable gel packs, which may be cold or heated, are inserted into a wrap, which may be applied to the extremities, head, neck, low back or sinuses.
- **Polar Care (PC) Cub Unit** – Cold therapy system which includes a PC Cub cooler, manual pump and wrap on pads. The pads are held in place with elastic straps or an ACE wrap. The built-in hand pump circulates the cold water through the polar pad, while at the same time increases the compression around the joint.

Examples of **passive heating devices** include, but may not be limited to:

- **Heat Lamp** – Lamp that emits infrared light and produces topical heat to the skin.
- **Heating Pad** – Pad that has an electric or infrared heating element and is used to apply topical heat to the skin.
- **Paraffin Bath** – A container that holds and heats a mixture of mineral oil and paraffin into which the individual may either continuously immerse the treated body part (such as the hand or foot) for 20-30 minutes or repetitively dip and remove the treated area from the paraffin.

The **VibraCool Cryovibration** system, promoted as a treatment for joint or muscle pain, plantar fasciitis or tendonitis, consists of a vibration unit with specially designed ice packs, secured via an adjustable neoprene strap. The high-frequency vibration is purported to massage muscles and improve blood flow while the ice decreases pain, swelling and inflammation.

Scalp hypothermia, via a cooling cap, has been proposed for preventing alopecia (hair loss) for an individual undergoing chemotherapy. This may be accomplished via passive (manual) caps that require chilling/freezing, or via automatic machine-based cooling systems. Examples of cooling caps include, but may not be limited to, the **Arctic Cold Cap**, **Chemo Cold Cap**, **Penguin Cold Cap Therapy System**, **Warrior**

**Cap and Wishcap Cold Cap.** Examples of machine-based cooling systems include, but may not be limited to, the **DigniCap Cooling System** and **Paxman Scalp Cooling System**.

The **Ebb CoolDrift Versa** (formerly Cereve Sleep System) was granted US Food & Drug Administration (FDA) approval as a purported method for the treatment of insomnia. The system is a cooling device comprised of 3 components: the bedside unit, the forehead pad, and headgear. The device pumps chilled fluid through the forehead pad, at individually selectable temperatures.

The **Cooral Oral Cooling System** was granted De Novo clearance by the FDA and is proposed for use in an individual with cancer who is undergoing chemotherapy to prevent oral mucositis. It consists of a single-use mouthpiece connected to a portable cryotherapy system that circulates sterile cold water through the oral device.

### Coverage Determination

Humana members may **NOT** be eligible under the Plan for **any devices providing the following types of therapy**:

- Active cold therapy devices; **OR**
- Combination cold and heat therapy devices; **OR**
- Combination cold therapy and compression devices; **OR**
- Heat therapy devices; **OR**
- Passive cold therapy devices; **OR**
- Passive heating devices; **OR**
- VibraCool Cryovibration system

Therapy administered with these devices has not been proven to be any more efficacious than traditional delivery of cold/heat (eg, ice packs, heating pads) and therefore these devices are considered not medically necessary.

Humana members may **NOT** be eligible under the Plan for **Cooral Oral Cooling System** for any indication, including prevention of oral mucositis in an individual with cancer who is undergoing chemotherapy. This is considered experimental/investigational as it is not identified as widely used and generally accepted for the proposed use as reported in nationally recognized peer-reviewed medical literature published in the English language.

Humana members may **NOT** be eligible under the Plan for the **Ebb CoolDrift Versa** for the treatment of insomnia. Although it may be prescribed by a health care practitioner, the **Ebb CoolDrift Versa** is also available without a prescription and may be obtained over-the-counter (OTC). A review of the current medical literature shows that there is **no evidence** to determine that this device is standard medical treatment. There is an absence of current, widely-used treatment guidelines or acceptable clinical literature

examining benefit and long-term clinical outcomes establishing the value of this device in clinical management.

Humana members may **NOT** be eligible under the Plan for **scalp hypothermia/cooling caps** (mechanical powered or manual [passive]) for preventing hair loss associated with chemotherapy treatment. This is considered not medically necessary.

### Coding Information

Any codes listed on this policy are for informational purposes only. Do not rely on the accuracy and inclusion of specific codes. Inclusion of a code does not guarantee coverage and/or reimbursement for a service or procedure.

CPT® Code(s)	Description	Comments
No code(s) identified		
CPT® Category III Code(s)	Description	Comments
0662T	Scalp cooling, mechanical; initial measurement and calibration of cap	
0663T	Scalp cooling, mechanical; placement of device, monitoring, and removal of device (List separately in addition to code for primary procedure)	
0881T	Cryotherapy of the oral cavity using temperature regulated fluid cooling system, including placement of an oral device, monitoring of patient tolerance to treatment, and removal of the oral device	
HCPCS Code(s)	Description	Comments
A4265	Paraffin, per pound	
A9273	Cold or hot fluid bottle, ice cap or collar, heat and/or cold wrap, any type	
E0200	Heat lamp, without stand (table model), includes bulb, or infrared element	
E0210	Electric heat pad, standard	
E0215	Electric heat pad, moist	
E0217	Water circulating heat pad with pump	
E0218	Fluid circulating cold pad with pump, any type	
E0221	Infrared heating pad system	
E0225	Hydrocollator unit, includes pads	

E0235	Paraffin bath unit, portable (see medical supply code A4265 for paraffin)	
E0236	Pump for water circulating pad	
E0239	Hydrocollator unit, portable	
E0650	Pneumatic compressor, nonsegmental home model	

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## Change Summary

01/01/2025 New Policy.