



GHP MEDICAL SPINE MANAGEMENT PROGRAM

GHP Member: _____ GHP ID: _____ Date: _____

Therapy Provider,

This Geisinger Health Plan member is eligible to participate in GHP's Medical Spine Management program. One of the benefits is the ability to obtain a bundle of 5 physical therapy sessions for one singular copay, as opposed to a copay per visit. GHP pays the copayment for the other 4 visits. This is a significant cost savings for our member, your patient.

The expectation of GHP is that this opportunity will be maximized for the member by the inclusion of the following concepts:

Basic expectations of therapist to patient communication

1. Assurance that back pain can be managed and pain can be controlled
2. Encourage positive attitudes and coping skills
3. Relief is dependent on member effort and engagement
4. Emphasis will be on active modalities. Passive modalities will be limited unless deemed necessary in the acute-acute phase.

Visit 1

- Comprehensive evaluation
- Home program issued appropriate to member's needs
- Education in home use of modalities and positioning.
- Oswestry score. Fear-Avoidance Beliefs Questionnaire score if appropriate.

Visit 2-4

- Review of home management
- Introduction of basic back anatomy and principles of active rest.
- Consistent message to patient of pain management and positive coping skills.
- Education in self-management tools-low stress aerobic ex and avoidance of irritating positions.

Visit 5

- Reassessment
- Review member's home program.
- Retake Oswestry score and Fear-Avoidance Beliefs Questionnaire.

At the completion of 5 therapy visits, contact the Medical Spine Specialist to request a second therapy bundle or recommend discharge or other care. Only the MSS can authorize a second therapy bundle. All visits will decrement the member's rehab counter and any additional visits above those authorized by the MSS will have a copay per visit. Please call GHP Rehab at *800+270-9981 with questions.

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