

Recommended Medical Documents for Musculoskeletal and Interventional Pain Management Procedure Requests



Musculoskeletal

When your request needs clinical review, please use this information to guide you in this process.

Documents and Processing tips

For optimum handling time for all your cases please keep the following tips in mind:

- ❖ If your case requires clinical review use the upload link to supply documentation. We recommend one consolidated PDF. This is the fastest way to provide this information.
- ❖ Medical Records Checklist:
 - Last two office visit notes
 - Patient's current symptoms
 - Radiologist's reports from most recent imaging
 - Documentation of non-surgical, conservative therapy (if not included in last two office visit notes) including dates and duration or number of treatments completed, outcome/pain relief. Modalities may include:
 - ✓ Rest, ice/heat or activity modification
 - ✓ Weight reduction for elevated BMI
 - ✓ Protected weight bearing (hip and knee)
 - ✓ Bracing (off-loading)/orthosis (hip, knee, shoulder)
 - ✓ Chiropractic (spine)
 - ✓ Acupuncture (spine)
 - ✓ Injections
 - ✓ Stimulators/Devices (spine)
 - ✓ Supervised physical therapy
 - ✓ Physician-supervised home programs (exercise, stretching)
 - ✓ Pharmacologic treatment (NSAIDs, analgesics)
 - Proposed surgical plan outlined by the requesting surgeon

The HealthHelp Nurse reviewer will contact you. Please make sure your contact information is correct and up-to date.



Recommended Medical Documents for Musculoskeletal and Interventional Pain Management Procedure Requests



Interventional Pain Management

When your request needs clinical review, please use this information to guide you in this process.

Documents and Processing tips

For optimum handling time for all your cases please keep the following tips in mind:

- ❖ If your case requires clinical review use the upload link to supply documentation. We recommend one consolidated PDF. This is the fastest way to provide this information.
- ❖ Medical Records Checklist:
 - Physician's recent clinical notes outlining clinical conditions and patient's symptoms (including type, onset, and duration of symptoms)
 - Diagnosis, date of onset or recurrence of back or neck pain or symptoms
 - Documentation of patient's pain levels (on a scale of 1-10) or impact on functional abilities
 - Physical exam findings related to back/neck pain, intensity, and any neurological deficits
 - Detailed documentation of the extent, duration, and response to conservative therapy tried for six weeks within the most recent six months. (*Unless medical reason is provided as to why this cannot be done.)
 - Conservative, non-operative treatment modalities completed, including dates and duration or number of treatments completed, outcome/pain relief. Modalities may include:
 - ✓ Acupuncture
 - ✓ Chiropractic
 - ✓ Supervised physical therapy
 - ✓ Physician-supervised home programs (exercise, stretching)
 - ✓ Pharmacologic treatment (NSAIDs, analgesics)
 - ✓ Rest or activity modification
 - ✓ Ice/Heat

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