

E•QUAL | EMERGENCY QUALITY NETWORK

Opioid Initiative Wave II –
OMT & Greater Trochanter Injections

Presenter



Alexis LaPietra, DO

Greater Trochanteric Pain Syndrome

Osteopathic Manipulate Therapy

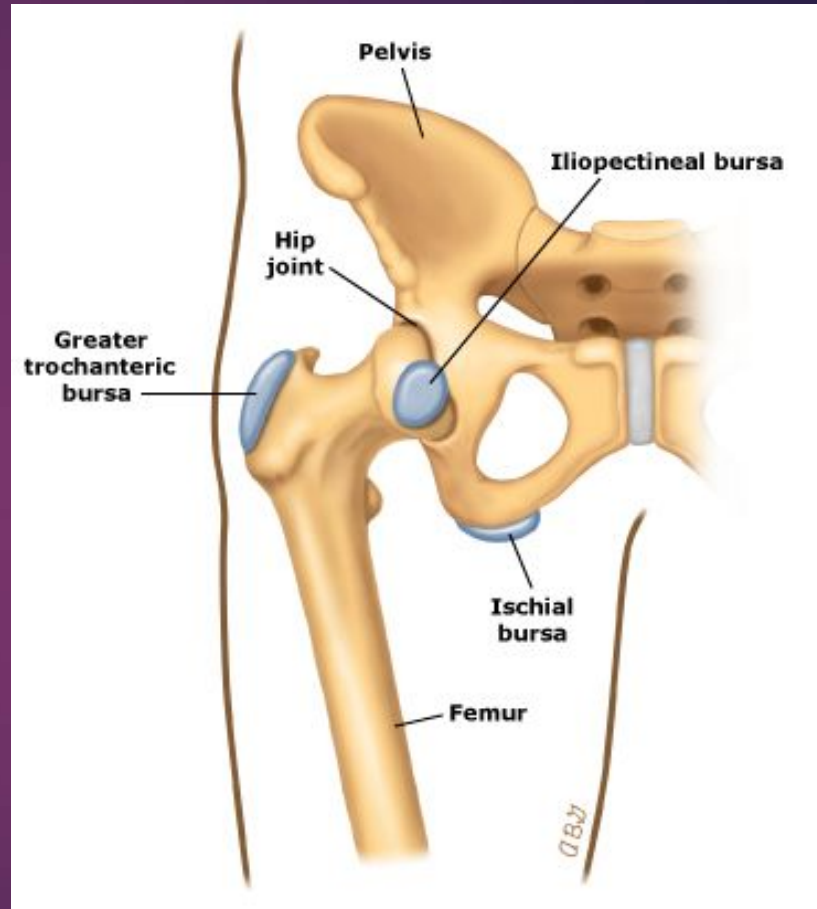
Alexis LaPietra, DO, FACEP
Chair, ACEP Pain/Addiction Section
System Chief, Pain/Addiction
St. Joseph's Health
Paterson, NJ

Case 1



GTPS

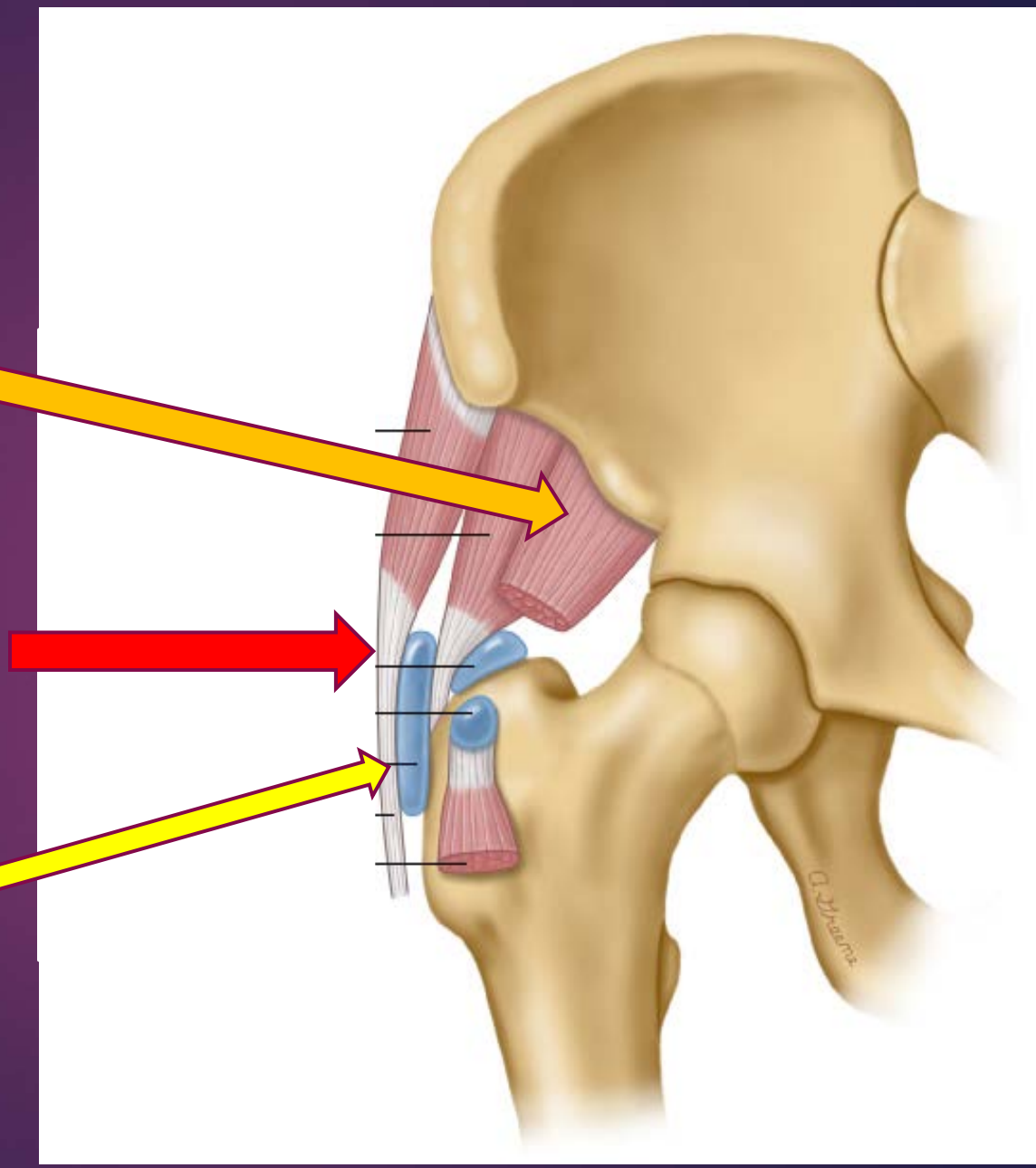
Greater
Trochanteric
Pain
Syndrome

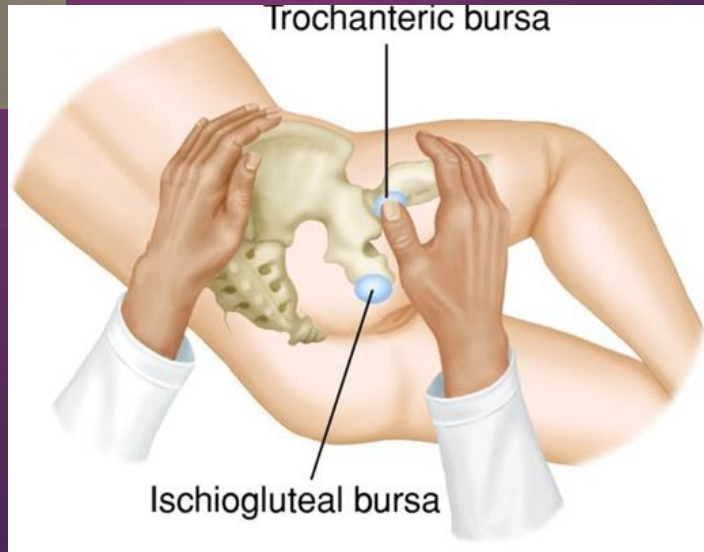


Gluteus
medius
muscle

Iliotibial band

Trochanteric
bursa







Resisted External Derotation Test

Joint vs Soft tissue

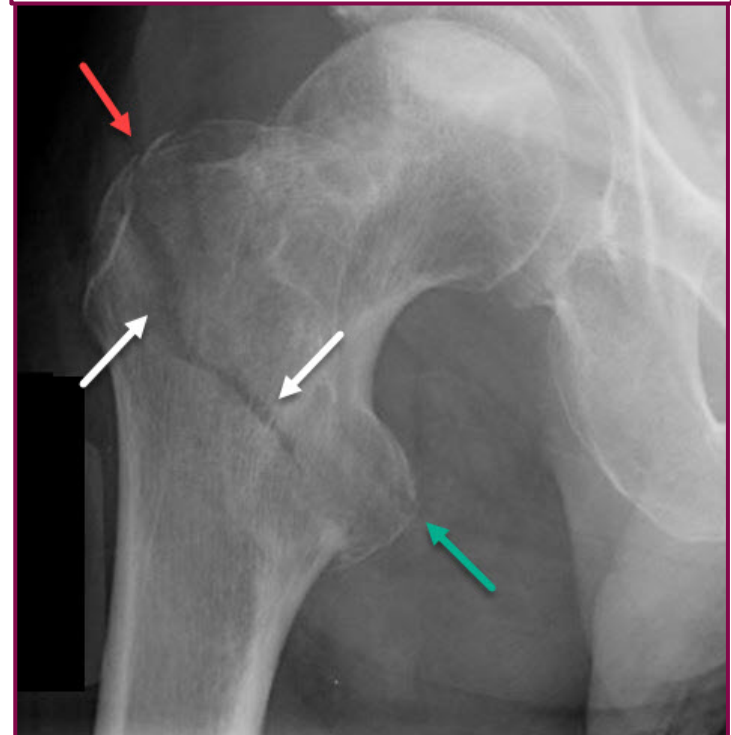
- Joint pathology
 - Passive ROM = PAIN
 - ROM is restricted
- Muscle-tendon pathology
 - Active and resisted ROM = PAIN
 - Stretching = PAIN

Get an XR



**CALCIUM
DEPOSITION**

FRACTURE



Option 1

Acetaminophen 1000 mg q 6

+

Ibuprofen 400 mg q 6

+

Diclofenac 1.3%
patch

OR

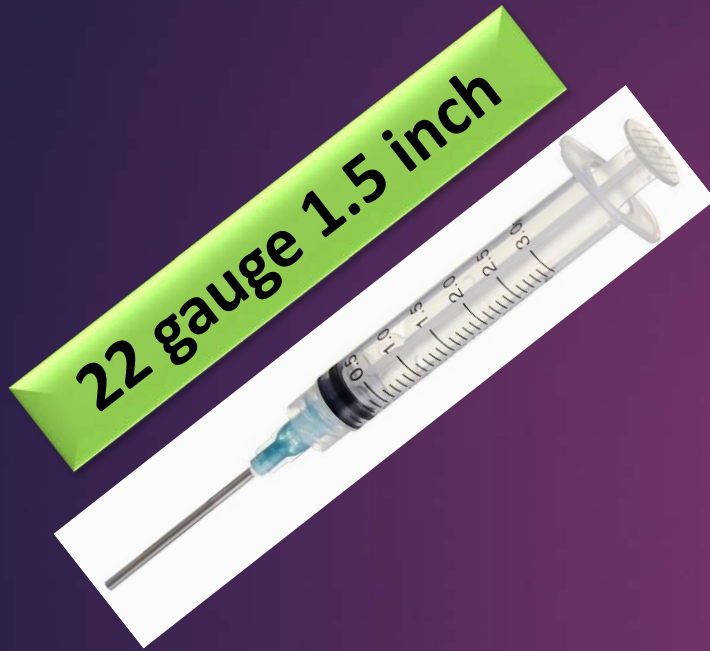
Diclofenac 1% gel

Lidocaine 5%
(ointment)

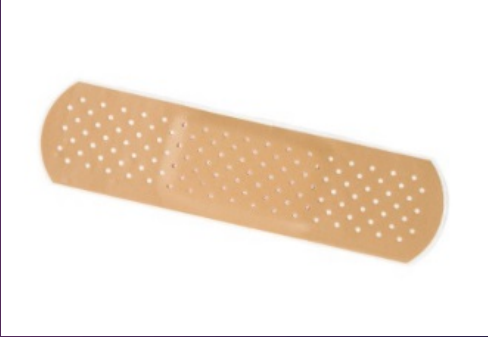
Physical Therapy

Option 2

Bursa Injection



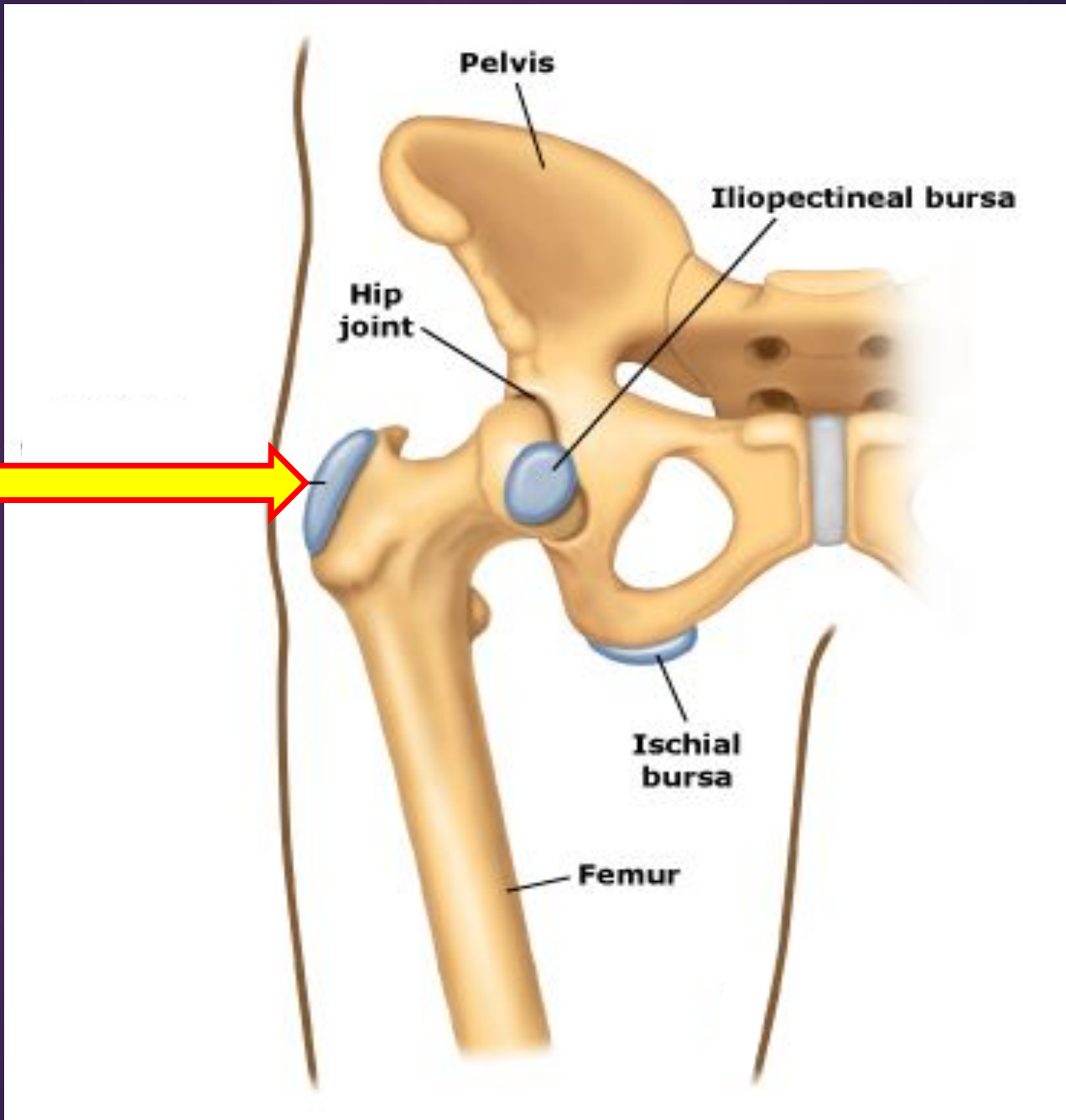
5 mL



STERILE



Triamcinolone 40 mg/1 mL



At 3 months

**55% relief in
Injection group**



**34% relief in
analgesic
group**

OMT

Restricted
ROM LEFT
**global
tenderness+
spasm
diffusely**



Osteopathic Manipulative Therapy



This is applicable to you

- ▶ 130+ million ED visits per year in the US
- ▶ 11% have OMT appropriate diagnoses
 - ▶ Musculoskeletal complaints
 - ▶ Strains and Sprains
- ▶ \$40-\$80 reimbursement for OMT treatments

Evidence

Ankle sprain

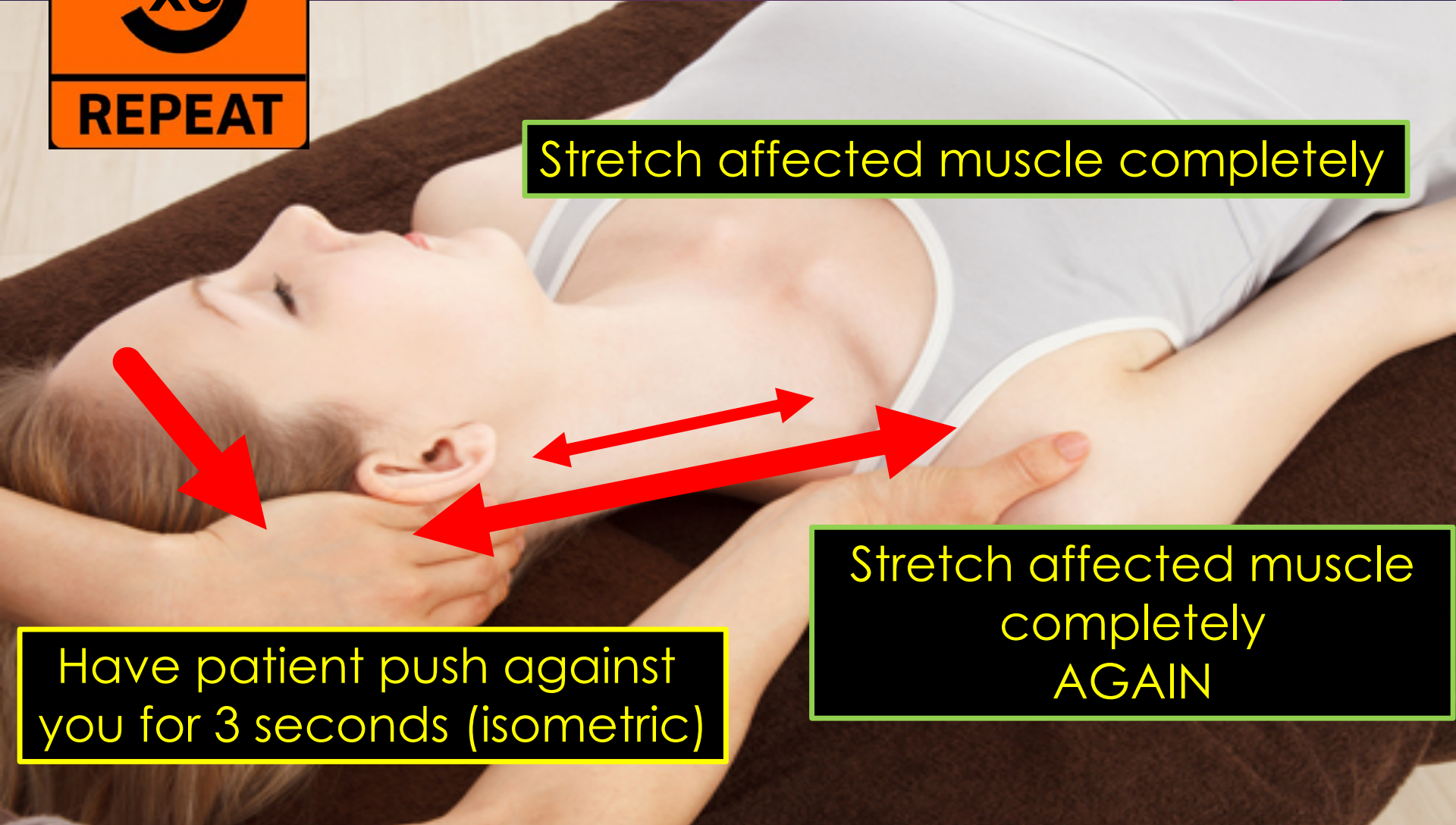
OMT + analgesics vs analgesics alone

Acute neck pain

OMT vs IM ketorolac

Eisenhart 2003
McCreynolds 2005

Muscle Energy



Stretch affected muscle completely

Stretch affected muscle completely AGAIN

Have patient push against you for 3 seconds (isometric)

Stretch affected muscle completely

Stretch affected muscle completely... AGAIN

Have patient push against you for 3 seconds (isometric)



Contraindications

- ▶ Severe muscle strains
- ▶ Severe debilitating osteoporosis
- ▶ Patient requires intensive care monitoring
- ▶ Fracture, dislocation, or severe joint instability at treatment site
- ▶ Malignancy at the site of treatment
- ▶ Osteomyelitis
- ▶ Uncooperative patient

Head
Cervical
Thoracic
Lumbar
Upper extremity
Lower extremity

- ▶ “There is tenderness, restricted movement, asymmetry, and spasm in the right paraspinal cervical muscle.”
- ▶ “Muscle energy was used to treat dysfunction.”
- ▶ “No complications noted, time out performed.”

Documentation and Reimbursement

- ▶ Reimbursement
 - ▶ Use modifier-**25** to the CPT code
 - ▶ 1-2 regions **98925.25**
 - ▶ 3-4 regions **98926.25**
 - ▶ Diagnosis should reflect the appropriate pathology
 - ▶ Cervical Somatic Dysfunction ICD-10 **M99.01**
 - ▶ Thoracic Somatic Dysfunction ICD-10 **M99.02**
 - ▶ Lumbar Somatic Dysfunction OCD-10 **M99.03**

Patient Satisfaction



Take Home Point

Osteopathic Manipulative Therapy is an easy hands on procedure to treat muscle tension and spasm

\$ You can BILL for it \$

Not all HIP Pain is osteoarthritis

DRUGS have their limits

**GTPS hip pain =
local + steroid injection**

**OMT is safe, effective, and a
billable way to Tx Neck Pain**



THANK YOU!

LAPIETRA@SJHMC.ORG

For More Information

- E-QUAL Website
 - ▶ www.acep.org/equal
 - ▶ equal@acep.org
- Contacts:
 - ▶ Nalani Tarrant: (Director)
ntarrant@acep.org
 - ▶ Dhruv Sharma: (Project Manager)
dsharma@acep.org



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