



MORE FOR MUSCLES PROGRAM

**User guide for physiotherapists and physiotherapy
code list (ICD-10-AM codes)**

MAY 2018

WELCOME TO THE MORE FOR MUSCLES PROGRAM

The program reimburses 100% of the agreed charge for an initial physiotherapy consultation, once per year, when your HCF patient presents with a new health condition or flare up of an existing condition that is represented by a *More for Muscles* physiotherapy code (ICD-10-AM) listed in this user guide.

In the appendix you'll find a *More for Muscles* physiotherapy code list that was developed using ICD-10-AM codes. The use of these codes is the foundation of this program and reflect health conditions that are treated by physiotherapists.

When you submit a claim for an initial consultation please select a code that most closely describes the provisional diagnosis made at the initial assessment and submit it to HCF as part of that claim. They have been grouped by condition (not ordered as they appear in the ICD-10-AM version 2010). Some codes may be repeated under different headings for easy reference.

In this guide you'll also find instructions on how to successfully provide a quotation and claim a no-gap consultation on behalf of your patient.

If you are making a *More for Muscles* HICAPS quotation request before you have assessed the patient - please use the ICD-10-AM code 'R69' to indicate this is an as yet unspecified condition.

SOME THINGS TO REMEMBER

- The no-gap benefit applies to a member's initial consultation (item number 500) for a new episode of care.
- We define a new episode of care as a new health condition or an acute flare up of an existing condition where there's been a gap in treatment, with any physiotherapist, of at least 90 days.
- A member may claim this benefit once in a calendar year.
- A *More for Muscles* physiotherapy code (ICD-10-AM) must be submitted for every initial consultation (item number 500) that you provide to a member.
- You have agreed to charge no more than the program rate or your customary fee, whichever is lower.
- If the no-gap benefit has already been claimed by that patient in the current calendar year, the non-program benefit will apply.
- Services that are payable by a third party (e.g. workers compensation, personal injury, public liability or motor vehicle accident insurance) can't be claimed through HCF.

HOW TO SUBMIT A MORE FOR MUSCLES QUOTATION* / CLAIM THROUGH YOUR ELECTRONIC CLAIMS TERMINAL

STEP 1

Select 'Function' option and '6. Balance Enquiry/Quote' (for quotations). Select the provider, patient ID, item number 500, date of service, and item cost as you would normally.

STEP 2

Select 'ADD' to add another item.

STEP 3

(If you use a Healthpoint terminal then please skip to step 4). Enter the patient ID again.

STEP 4

Enter or select the item code 9980.

STEP 5

Enter the relevant *More for Muscles* chiropractic code ICD-10-AM from the appendix in this guide, OR if you are submitting a quotation request before assessing the patient, enter the ICD-10-AM code 'R69'.

STEP 6

Transmit the claim or quotation summary to HCF or start back at step 1 for additional patients.

*Quotations are only available on HICAPS terminals.

FREQUENTLY ASKED QUESTIONS

What does ICD-10-AM mean?

ICD-10-AM means the International Classification of Diseases and health related problems, 10th revision, Australian Modification. This is a nationally recognised standard.

What does HCF do with the ICD-10-AM codes it receives?

ICD-10-AM codes help us get a better understanding of the health of the population and the reasons why our members seek treatment from physiotherapists.

Do I need to get my patient's permission before I transmit the diagnosis code through the claims terminal?

No, the data is encrypted and we have our members' permission to request and receive this information.

What should I do if my terminal isn't working?

If you can't collect payment through your claims terminal, please issue an unpaid account to your patient and print the *More for Muscles* physiotherapy code (ICD-10-AM) clearly on the invoice. Your patient will need to present the account as a claim and we provide a cheque to our member, made payable to you.

What if I make a mistake when I enter the code?

You can reverse the claim as you would normally. If you enter a code that isn't listed, you'll be prompted to start the claim again.

What if I can't find the right code on this list?

If you can't find the exact code you need, please use a code that most closely reflects your provisional diagnosis and send your feedback to provider_networks@hcf.com.au

How do you define a flare up of an existing condition?

When a chronic or long term condition flares up for which no physiotherapy treatment has been provided within 90 days.

How will members know I participate in this program?

We promote the *More for Muscles* program in our brochures and through our website. All participating physiotherapists are published on our website, so local members can find you.

For any membership related enquiries, call our customer service team on **13 13 34**.

APPENDIX: MORE FOR MUSCLES PHYSIOTHERAPY CODES (ICD-10-AM)

The codes are listed alphabetically (not in the order in which they appear in the ICD-10-AM version 2017).

MUSCULOSKELETAL CONDITIONS/GROUPINGS	
HIP/KNEE/ANKLE/FOOT GROUPINGS	
Achilles tendinitis	M766
Anterior tibial syndrome, posterior tibial tendinitis (other enthesopathies of lower limb excluding foot)	M768
Arthrosis of hip (Coxarthrosis)	M16
Arthrosis of knee (Gonarthrosis)	M17
Calcaneal spur	M773
Derangement of meniscus due to old tear or injury	M232
Dislocation, sprain and strain of joint and ligaments at hip	S73
Dislocation, sprain and strain of joints and ligaments at ankle foot level	S93
Dislocation, sprain and strain of joints and ligaments of knee	S83
Disorders of patella	M22
Fasciitis - plantar	M722
Flat foot (pes planus) acquired	M214
Fracture of femur	S72
Fracture of foot except ankle	S92
Fracture of lower leg including ankle	S82
Hallux valgus (acquired)	M201
Iliotibial band syndrome	M763
Injury of muscle and tendon of hip	S760
Injury of quadriceps muscle and tendon	S761
Injury of adductor muscle and tendon of thigh	S762
Multiple injuries of hip and thigh	S797
Injury of Achilles tendon	S860
Injury of other muscle(s) and tendon(s) of posterior muscle group at lower leg level	S861
Injury of muscle(s) and tendon(s) of peroneal muscle group at lower leg level	S863
Injury of multiple muscles and tendons at lower leg level	S867

Injury of other muscles and tendons at lower leg level	S868
Injury of muscle and tendon of the posterior muscle group at thigh level	S763
Injury of nerves at ankle foot level	S94
Injury of nerves at hip and thigh level	S74
Injury of nerves at lower leg level	S84
Internal derangement of knee	M23
Metatarsalgia	M774
Other bursitis of knee	M705
Patellar tendinitis	M765
Presence of hip implant	Z9664
Presence of knee implant	Z9665
Presence of ankle implant	Z9666
Traumatic ischaemia of muscle (including Shin Splints)	T796
Synovial cyst of popliteal space Bakers cyst	M712
Trochanteric bursitis	M706
Wrist or foot drop (acquired)	M213

LUMBAR SPINE/LOW BACK GROUPINGS

Ankylosing spondylitis	M45
Fracture of coccyx	S322
Fracture of lumbar spine and pelvis	S32
Fracture of lumbar vertebra	S320
Fracture of sacrum	S321
Injury of nerve root of lumbar and sacral spine	S342
Low back pain	M545
Lumbar and other intervertebral disc disorders with myelopathy	M510
Lumbar and other intervertebral disc disorders with radiculopathy	M511
Sciatica	M543
Scoliosis	M41
Spinal stenosis	M480
Spondylolisthesis	M431
Spondylosis	M47
Sprain and strain of lumbar spine	S335
Sprain and strain of sacroiliac joint	S336

HEAD AND NECK GROUPINGS

Ankylosing spondylitis	M45
Cervical disc disorders	M50
Cervical disc disorder with myelopathy	M500
Cervical disc disorder with radiculopathy	M501
Facial nerve disorders	G51
Fracture of neck	S12
Injury of nerves and spinal cord at neck level	S14
Migraine	G43

Other headache syndromes	G44
Polymyalgia rheumatica	M353
Spinal stenosis	M480
Spondylolisthesis	M431
Spondylosis	M47
Sprain and strain of cervical spine	S134
Temporomandibular joint disorders	K076

SHOULDER GROUPINGS

Adhesive capsulitis of shoulder	M750
Bicipital tendinitis	M752
Brachial Plexus disorders including thoracic outlet syndrome	G540
Dislocation, sprain and strain of joints and ligaments of shoulder girdle	S43
Fracture of shoulder and upper arm	S42
Impingement syndrome of shoulder	M754
Injury of nerves at shoulder and upper arm level	S44
Presence of shoulder implant	Z9661
Polymyalgia rheumatica	M353
Rotator cuff syndrome	M751

THORACIC SPINE/MIDDLE BACK GROUPINGS

Ankylosing spondylitis	M45
Fracture of rib	S223
Fracture of thoracic vertebra	S220
Injury of nerves and spinal cord at thoracic level	S24
Osteoporosis with pathological fracture	M80
Osteoporosis without pathological fracture	M81
Pain in thoracic spine	M546
Postural kyphosis	M400
Scheuermann's disease	M420
Spinal stenosis	M480
Spondylosis	M47
Sprain and strain of thoracic spine	S233

UPPER ARM /ELBOW/WRIST/HAND GROUPINGS

Carpal tunnel syndrome	G560
Dislocation, sprain and strain of joints and ligaments at wrist hand level	S63
Dislocation, sprain and strain of joints and ligaments of elbow	S53
Fracture at wrist and hand level	S62
Fracture of forearm	S52
Injury of muscle and tendon at forearm level	S56
Injury of nerves at forearm level	S54
Injury of nerves at shoulder and upper arm level	S44
Injury of nerves at wrist and hand level	S64

Lateral epicondylitis	M771
Medial epicondylitis	M770
Myositis	M60
Palmar fascial fibromatosis (Dupuytren)	M720
Periarthritis of wrist	M772
Presence of elbow implant	Z9662
Presence of wrist implant	Z9663
Radial styloid tenosynovitis (de Quervain)	M654
Rheumatoid arthritis unspecified	M069
Soft tissue disorders related to use, overuse and pressure	M70
Sprain and strain of wrist	S635
Synovitis and tenosynovitis	M65
Wrist or foot drop (acquired)	M213

WHOLE BODY GROUPINGS/GENERAL

Arthritis unspecified	M139
Dislocation, sprain and strain of joints and ligaments involving multiple body regions	T03
Fibromyalgia	M797
Fractures involving multiple body regions	T02
Lymphoedema, not elsewhere classified	I890
Osteoporosis with pathological fracture	M80
Osteoporosis without pathological fracture	M81
Paget's disease of bone (osteitis deformans)	M88
Polymyalgia rheumatica	M353
Rheumatoid arthritis unspecified	M069
Stress fracture not elsewhere classified	M843

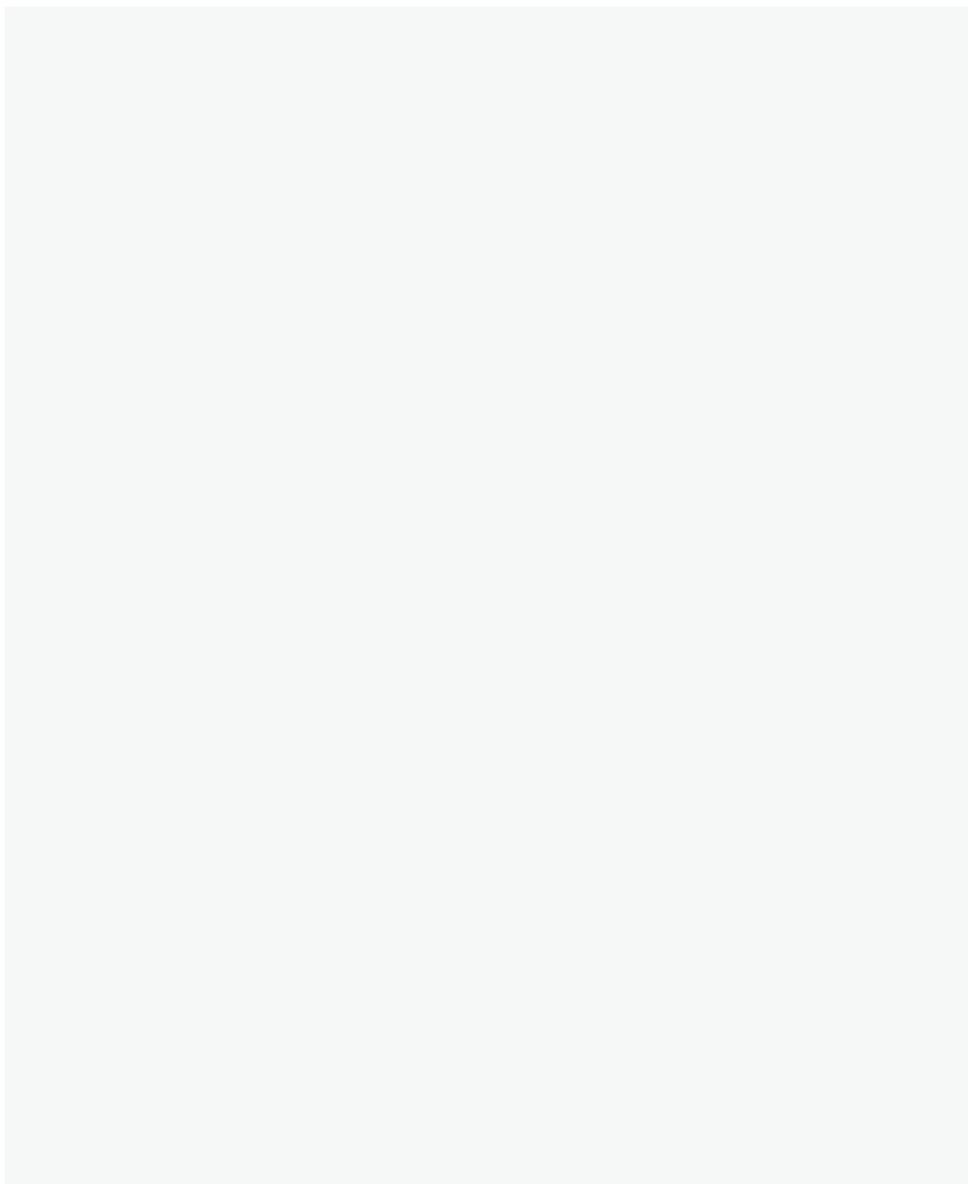
NEUROLOGICAL CONDITIONS/GROUPINGS

Cerebral infarction	I63
Cerebral palsy	G80
Disorders of vestibular function	H81
Dystonia	G24
Guillain-Barre syndrome	G610
Hemiplegia	G81
Motor neurone disease	G122
Multiple sclerosis	G35
Muscular dystrophy	G710
Other degenerative diseases of nervous system, not elsewhere classified	G32
Other demyelinating disease of central nervous system	G37
Other diseases of spinal cord	G95
Other myopathies	G72
Paraplegia and tetraplegia	G82
Parkinson's disease CMC	G20

Spinal muscular atrophy and related syndromes	G12
Stroke, not specified as haemorrhage or infarction	I64
BURNS	
Burn of ankle and foot	T25
Burn of head and neck	T20
Burn of hip and lower limb except ankle and foot	T24
Burn of shoulder and upper limb except wrist and hand	T22
Burn of trunk	T21
Burn of wrist and hand	T23
Burns of multiple body regions	T29
HEART DISEASE/CARDIOVASCULAR DISEASE	
Cardiomyopathy	I42
Chronic ischaemic heart disease	I25
Other pulmonary heart diseases	I27
INCONTINENCE/CHILDBIRTH	
Bladder disorder unspecified	N329
Multiple delivery	O84
Other assisted single delivery	O83
Other specified urinary incontinence	N394
Single delivery by caesarean section	O82
Single spontaneous delivery	O80
Stress incontinence	N393
PAEDIATRIC	
Congenital torticollis	Q6801
Congenital deformity of hand, unspecified	Q6810
Congenital malform upp limb incl shoulder	Q7400
Congenital malform low limb incl pelv girdle	Q7420
Congenital malform musculoskeletal sys	Q7990
Down's syndrome	U882
Other congenital deformities of hip	Q6589
Cerebral palsy	U8041
Talipes equinovarus, unspecified	Q6600
Other specified cong deformity spine	Q6759
Other specified cong malform limb(s)	Q7489
Congenital kyphoscoliosis	Q7634
RESPIRATORY	
Cystic fibrosis	U782
Chronic obstructive pulmonary disease	U832
Chronic respiratory failure	U835
Diseases of the respiratory system	U83
Asthma, without mention of COPD	U833
Bronchiectasis without mention of CF	U834

Acute respiratory failure	J960
Chronic respiratory failure	J961

NOTES





CALL US
1300 799 275



GO TO
hcf.com.au/therapist



EMAIL
provider_networks@hcf.com.au