



**Summary of Changes to Medical Treatment Guidelines  
for Mid and Low Back, Neck, Shoulder and Knee Injuries  
and Carpal Tunnel Syndrome  
May 27, 2014**

**Revisions to General Principles in all Medical Treatment Guidelines**

1. Removed General Principle A.8, “Six-Month Time Frame” with consequent renumbering of General Principles.
2. Revised/expanded General Principle A.9 (now A.8), “Delayed Recovery.”
3. Added “Intrathecal Drug Delivery (Pain Pumps)” to list of procedures requiring prior authorization in General Principle A.14 (now A.13), “Pre-Authorization.”
4. Revised/expanded General Principle A.17 (now A.16), “Functional Capacity Evaluations.”
5. Changed title of General Principle A.21 (now A.20), “Experimental Treatment” to “Experimental/Investigational Treatment.”

**Other Revisions to all Medical Treatment Guidelines**

1. Removed ACOEM sections and copyright from all Medical Treatment Guidelines except Mid and Low Back Injury.
2. Changed “Chronic Pain” to “Non-Acute Pain” to reflect the adoption of the *New York Non-Acute Pain Medical Treatment Guidelines*.
3. Added instructions to consult the *New York Non-Acute Pain Medical Treatment Guidelines* for additional information regarding certain medications (e.g., narcotics) and procedures.
4. Corrected typographical errors.

**Mid and Low Back Injury: Changes from 2nd Edition to Proposed 3rd Edition**

1. Expanded Section B.1.c.vii, “Nerve Tension Testing.”
  2. Changed title of, and related text within, Section C.2.a, “Electrodiagnostic Studies (EDS) - includes Needle EMG’s (Electromyogram)” to “Electrodiagnostic Studies (EDX).”
  3. Section C.2.c, “Diagnostic Facet Blocks” refers users to Section D.6.f, “Lumbar Diagnostic and Therapeutic Medial Nerve Branch Blocks or Intra-Articular Facet (Zygapophyseal) Joint Injections.”
  4. Replaced Section D.4, “Biofeedback.”
  5. Replaced Section D.5.b, “Transcutaneous Electrical Neurostimulation (TENS).”
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6. Replaced Section D.5.f, "Electrical Stimulation (Unattended)" with new Section D.5.f, "Electrical Stimulation (Physician or Therapist Applied)."
7. Replaced Section D.6, "Injection Therapies" with new Section D.6, "Injections: Therapeutic" (includes Epidural Steroid Injections, Medial Branch Blocks/Facet Injections, Trigger Point Injections, Sacroiliac Joint Injections).
8. Changed "...4 grams per 24-hour period..." to "3 grams per 24-hour period..." in Section D.7.a, "Acetaminophen."
9. Removed Section D.7.e, "Complementary and Alternative Methods."
10. Added new Section D.7.e, "Compound Medications."
11. Removed Section D.7.f, "Other Creams and Ointments."
12. Added new Section D.7.j, "Topical Drug Delivery."
13. Replaced/expanded Section D.7.h, "Non-steroidal Anti-inflammatory Drugs (NSAIDs)" with Section D.7.f, "Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)."
14. Replaced/expanded Section D.12.a, "Radiofrequency Neurotomy, Neurotomy and Facet Rhizotomy" with Section D.12.a, "Radiofrequency Ablation, Neurotomy, Facet Rhizotomy."
15. Revised Section E.10, "Implantable Spinal Cord Stimulators" with new text referring users to the *New York Non-Acute Pain Medical Treatment Guidelines*.

### **Neck Injury: Changes from 2nd Edition to Proposed 3rd Edition**

1. Replaced Section C.2.a, "Electrodiagnostic Testing (includes Needle EMG)" with new Section C.2.a, "Electrodiagnostic Testing (EDX)."
2. Replaced Section C.2.b, "Injections-Diagnostic" with new text. Median branch blocks addressed in new Section D.3.a.ii, "Cervical Diagnostic and Therapeutic Medial Branch Blocks/Facet (Zygapophyseal) Joint Injections."
3. Replaced Section D.2, "Biofeedback."
4. Section D.3.a, "Therapeutic Spinal Injections" revised and expanded (includes Epidural Steroid Injections, Medial Branch Blocks/Facet Injections).
5. Replaced Section D.3.c, "Trigger Point Injections and Dry Needling Treatment" with revised/expanded Section D.3.b, "Trigger Point Injections and Dry Needling Treatment."
6. Replaced Section D.4, "Radio Frequency (RF) Medial Branch Neurotomy/ Facet Rhizotomy" with new Section D.4, "Radiofrequency Ablation, Neurotomy, Facet Rhizotomy."
7. Changed "...4 grams per 24-hour period..." to "3 grams per 24-hour period..." in Section D.5.a, "Acetaminophen."
8. Added new Section D.5.d, "Compound Medications."
9. Replaced/expanded Section D.5.e, "Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)" with new Section D.5.f, "Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)."
10. Replaced/expanded Section D.5.h, "Topical Drug Delivery" with new Section D.5.i, "Topical Drug Delivery."
11. Added new Section D.5.k, "Vitamins."
12. Replaced Section D.11.b, "Electrical Stimulation" with new Section D.11.b "Electrical Stimulation (Physician or Therapist Applied)."
13. Added new Section E.8, "Implantable Spinal Cord Stimulators."

### **Shoulder Injury: Changes from 2nd Edition to Proposed 3rd Edition**

1. Changed "...4 grams per 24-hour period..." to "3 grams per 24-hour period..." in Section E.1.a, "Acetaminophen."
2. Added new Section E.1.b, "Compound Medications."

3. Replaced/expanded Section E.1.d, “Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)” with new Section E.1.e, “Nonsteroidal Anti-Inflammatory Drugs (NSAIDs).”
4. Replaced/expanded Section E.1.g, “Topical Drug Delivery” with new Section E.1.h, “Topical Drug Delivery.”

### **Knee Injury: Changes from 2nd Edition to Proposed 3rd Edition**

1. Changed “...4 grams per 24-hour period...” to “3 grams per 24-hour period...” in Section E.4.a “Acetaminophen.”
2. Added new Section E.4.b, “Compound Medications.”
3. Replaced/expanded Section E.4.d, Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) with new Section E.4.e, “Nonsteroidal Anti-Inflammatory Drugs (NSAIDs).”
4. Replaced/expanded Section E.4.e, “Topical Drug Delivery” with new Section E.4.f, “Topical Drug Delivery.”
5. Replaced Section E.8.c, “Electrical Stimulation (Unattended)” with new Section E.8.c, “Electrical Stimulation (Physician or Therapist Applied).”
6. Changed title of Section F.2, “Total Knee Replacement (TKR) to “Knee Arthroplasty.”

### **Carpal Tunnel Syndrome: Changes from 1st Edition to Proposed 2nd Edition**

1. Added new text to Section D.3.a, Electrodiagnostic (EDX) Testing: “*It is recommended and preferred that EDX in the outpatient setting be performed and interpreted by physicians board certified in Neurology or Physical Medicine and Rehabilitation.*”
2. Replaced Section E.4.f.ii, “Electrical Stimulation (Unattended)” with new Section E.4.f.ii, “Electrical Stimulation (Physician or Therapist Applied).”
3. Changed title of Section F.1.b, “EDX Studies” to “Electrodiagnostic Studies (EDX).”