1. **Purpose**
   The purpose of this policy is to establish the criteria for the use of diathermy.

2. **Definitions**
   Diathermy is a type of heat treatment using either short wave or microwave energy. The use of diathermy devices requires supervision and should be reported for each 15 minute time period.

3. **Statement of Policy**
   3.1. The determination of medical necessity for the use of diathermy is always made on a case-by-case basis.
   3.2. The use of diathermy may be considered medically necessary for a patient who has pain or documented loss of function which has resulted from disease, injury or surgery.
   3.3. Any treatment plan involving diathermy should ultimately result in a reduction in the patient’s pain and/or an improved ability to carry out activities of daily living. The use of diathermy beyond two to three (2-3) weeks without a clinically meaningful reduction in pain levels and clinical signs of functional improvement is considered not medically necessary.

4. **References**
   4.1. Scientific:
   The following scientific references were utilized in the formulation of this medical policy. Triad Healthcare, Inc. will continue to review clinical evidence surrounding diathermy for the treatment of musculoskeletal pain syndromes and may modify this policy at a later date based upon the evolution of the published clinical evidence. Should additional scientific studies become available and they are not included in the list, please forward the reference(s) to Triad Healthcare, Inc. so the information can be reviewed by the Academic Advisory Committee (AAC) and the Medical Quality Improvement Committee (MQIC) to determine if a modification of the policy is in order.


4.2. Related Triad Medical Policies:
• TMMP 18 - Medical Necessity
• TMMP 10 - Use of Physical Modalities and Therapeutic Procedures

5. Attachments
  5.1. Provider Manual

### Table of Revisions

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<td>Level 1, 2, 3</td>
<td>Annual review. No changes to policy text. Text below Table of Revisions added.</td>
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<tr>
<td>08/17/2008</td>
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<td>New medical policy.</td>
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Triad’s Medical Policies are not recommendations for treatment and providers are expected to exercise their clinical judgment in providing the most appropriate care. Health care providers and patients should not rely on these Medical Policies in making health care decisions. These Medical Policies are guidelines and do not constitute an authorization, certification, explanation of benefits or guarantee of payment. Applications of Triad’s medical policies are determined by the enrollee’s benefit documents and contracts and as such individual benefits must be verified. Determinations of medical necessity apply only if the benefit exists and no contract exclusions are applicable. In the event of a conflict, a participant’s benefit plan document shall supersede the information contained in Triad’s Medical Policies.