

# Cpt Code Aquatic Therapy

## Choosing the Right Aquatic Therapy CPT code A HELPFUL RESOURCE GUIDE



**CPT Code Aquatic Therapy** is an essential aspect of physical rehabilitation, providing a unique therapeutic environment that utilizes the properties of water to enhance recovery and improve physical function. Aquatic therapy, also known as pool therapy or hydrotherapy, is a specialized treatment approach that takes advantage of buoyancy, resistance, and hydrostatic pressure to facilitate movement and exercise for patients with various conditions. Understanding the CPT codes associated with aquatic therapy is crucial for healthcare providers, insurers, and patients alike, as they guide billing and reimbursement processes. This article will explore the concept of aquatic therapy, its benefits, relevant CPT codes, and considerations for effective implementation.

## Understanding Aquatic Therapy

Aquatic therapy is a form of physical therapy conducted in water, often in a pool or spa setting. The warm water used during therapy sessions can help relax muscles, reduce pain, and increase circulation. The buoyancy of water provides a supportive environment that allows individuals to perform movements that might be difficult or impossible on land. This makes aquatic therapy particularly beneficial for patients with:

- Arthritis
- Chronic pain conditions
- Post-surgery recovery
- Neurological conditions (e.g., stroke, multiple sclerosis)
- Sports injuries
- Balance and coordination issues

# Principles of Aquatic Therapy

Aquatic therapy operates on several key principles:

1. **Buoyancy:** Helps reduce the weight-bearing load on joints, making movements easier and less painful.
2. **Resistance:** Water provides natural resistance, allowing for strengthening exercises to occur without the need for weights.
3. **Hydrostatic Pressure:** This helps reduce edema and improve circulation, which is vital for healing.
4. **Thermal Properties:** Warm water can alleviate pain and muscle tension while promoting relaxation.

## Benefits of Aquatic Therapy

Aquatic therapy offers numerous advantages, including:

- **Enhanced Mobility:** The buoyancy of water allows for a greater range of motion and mobility during exercises.
- **Pain Relief:** The warm water can alleviate pain, making it easier for patients to engage in therapy.
- **Improved Strength:** Resistance in water helps strengthen muscles without stressing joints.
- **Increased Balance and Coordination:** The unique environment of water challenges the body's balance, promoting better stability on land.
- **Reduced Stress:** The calming effects of water can help reduce anxiety and promote mental well-being.

## CPT Codes for Aquatic Therapy

Current Procedural Terminology (CPT) codes are used to describe medical, surgical, and diagnostic services. For aquatic therapy, there are specific codes that healthcare providers may use when billing for services rendered. Understanding these codes is vital for proper documentation and reimbursement.

### Common CPT Codes for Aquatic Therapy

Here are some of the primary CPT codes associated with aquatic therapy:

1. **97161-97164:** These codes represent evaluation and management of physical therapy, which may include aquatic therapy as part of the treatment plan.
  - 97161: Physical therapy evaluation, low complexity.
  - 97162: Physical therapy evaluation, moderate complexity.
  - 97163: Physical therapy evaluation, high complexity.

- 97164: Re-evaluation of physical therapy.

2. 97110: Therapeutic exercises to develop strength and endurance, range of motion, and flexibility, which can be conducted in a pool setting.

3. 97112: Neuromuscular re-education of movement, balance, coordination, kinesthetic sense, posture, and proprioception, often utilized in aquatic therapy.

4. 97530: Therapeutic activities to improve functional performance, which may include exercises performed in an aquatic environment.

5. 97035: Application of a modality to one or more areas; used for aquatic therapy if specific modalities like hydrotherapy are applied.

## **Billing and Reimbursement Considerations**

When it comes to billing for aquatic therapy services, healthcare providers must keep several considerations in mind:

- Documentation: Thorough documentation is crucial. Providers must document the patient's condition, the therapeutic exercises performed, and the outcomes of the therapy sessions.
- Insurance Coverage: Not all insurance plans cover aquatic therapy. Providers should verify coverage before initiating treatment to avoid unexpected costs for patients.
- Medical Necessity: Insurance companies often require proof of medical necessity for aquatic therapy. This may include documentation of previous treatments and their effectiveness.
- Modifiers: Certain modifiers may be required when billing for aquatic therapy, particularly if the service is performed in a facility or with specific equipment.

## **Implementing Aquatic Therapy in Practice**

To successfully integrate aquatic therapy into a physical therapy practice, several steps should be undertaken:

### **Facility Requirements**

- Pool Specifications: Ensure the pool is adequately heated (generally between 86°F to 94°F) and has features such as a shallow area for easy access.
- Safety Measures: Implement safety protocols, including lifeguards on duty and proper training for staff in

water safety and emergency procedures.

- **Therapeutic Equipment:** Utilize buoyancy devices, resistance tools, and other therapeutic aids that can enhance the therapy experience.

## **Staff Training**

- **Specialized Training:** Staff should be trained in aquatic therapy techniques, including how to safely assist patients in the water.

- **Continuing Education:** Encourage ongoing education in aquatic therapy to keep abreast of new techniques and evidence-based practices.

## **Patient Assessment**

- **Initial Evaluation:** Conduct a thorough assessment of the patient's physical abilities, limitations, and goals before starting aquatic therapy.

- **Tailored Programs:** Develop individualized therapy programs that address specific patient needs and goals, incorporating various exercises that utilize the benefits of water.

## **Conclusion**

Aquatic therapy is a powerful tool in the field of rehabilitation, offering unique benefits that can significantly enhance patient recovery and quality of life. Understanding and utilizing the appropriate CPT codes is critical for healthcare providers to ensure proper billing and reimbursement. By integrating aquatic therapy into practice, providers can offer a holistic approach to treatment that addresses both physical and emotional well-being. As awareness of the advantages of aquatic therapy continues to grow, it is essential for healthcare professionals to stay informed and trained in this innovative therapeutic modality.

## **Frequently Asked Questions**

### **What is the CPT code for aquatic therapy?**

The CPT code for aquatic therapy is typically 97113, which is used for therapeutic procedures involving the use of water to improve movement and function.

## **Are there specific indications for using the CPT code 97113?**

Yes, CPT code 97113 is indicated for patients with conditions such as arthritis, neurological disorders, and post-surgical rehabilitation, where traditional land-based therapy may be challenging.

## **How is aquatic therapy billed under insurance using CPT codes?**

Aquatic therapy may be billed under CPT code 97113, but it's important to check with individual insurance providers as they may have specific requirements or coverage limitations.

## **Can aquatic therapy be combined with other therapies when billing with CPT codes?**

Yes, aquatic therapy (CPT code 97113) can be combined with other therapeutic procedures under appropriate circumstances, but documentation must clearly support the medical necessity for each service.

## **Is there a difference between aquatic therapy and standard physical therapy for billing purposes?**

Yes, aquatic therapy is billed under a specific CPT code (97113) that reflects the unique setting and techniques used, while standard physical therapy uses different codes depending on the treatment provided.

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