



## PT/OT/ST Yearly Limit

### Purpose

This policy is intended to ensure correct provider reimbursement and serves only as a general resource regarding Molina Healthcare's reimbursement policy for the services described in this policy. It is not intended to address every aspect of a reimbursement situation, nor is it intended to impact care decisions. This policy was developed using nationally accepted industry standards and coding principles. In a conflict, federal and state guidelines, as applicable, and the member's benefit plan document supersede the information in this policy. Also, to the extent of conflicts between this policy and the provider contract language, the Provider contract language will prevail. Coverage may be mandated by applicable legal requirements of a State, the Federal government or the Centers for Medicare and Medicaid Services (CMS). References included were accurate at the time of policy approval. If there is a state exception, please refer to the state exception table listed below.

### Policy Overview

Physical Therapy, Occupational Therapy, and Speech Therapy are distinct healthcare professions that focus on improving the well-being and functional abilities of individuals who have physical, cognitive, or communication limitations. They have different scopes of practice and target specific areas of rehabilitation:

#### 1. **Physical Therapy (PT):**

- a. **Purpose:** Physical therapists are healthcare professionals who specialize in helping individuals regain or improve their physical function, mobility, and strength. They address a wide range of musculoskeletal and neuromuscular conditions.
- b. **Conditions Treated:** PT is commonly used to rehabilitate individuals recovering from injuries, surgeries, or conditions such as arthritis, stroke, sports injuries, and chronic pain.
- c. **Interventions:** Physical therapists use exercises, manual therapy, modalities (like heat, cold, ultrasound), and other techniques to improve physical function, reduce pain, and enhance mobility.
- d. **Settings:** PT can be provided in hospitals, outpatient clinics, rehabilitation centers, schools, and home settings.

#### 2. **Occupational Therapy (OT):**

- a. **Purpose:** Occupational therapists help individuals of all ages develop or regain the skills needed for daily life activities (occupations) such as self-care, work, school, and leisure activities.
- b. **Conditions Treated:** OT is often used for individuals with physical, cognitive, developmental, or psychological conditions that affect their ability to participate in daily activities.
- c. **Interventions:** Occupational therapists assess a person's abilities and environment and develop interventions to improve independence and quality of life. This may include adaptive equipment and environmental modifications.
- d. **Settings:** OT services can be provided in hospitals, schools, rehabilitation centers, mental health facilities, and home-based settings.

#### 3. **Speech Therapy (ST):**

- a. **Purpose:** Speech-language pathologists (SLPs) or speech therapists specialize in diagnosing and treating communication and swallowing disorders in individuals of all ages.
- b. **Conditions Treated:** ST is used for speech sound disorders, language disorders, voice disorders, fluency disorders (stuttering), and swallowing disorders (dysphagia).
- c. **Interventions:** SLPs work on improving speech production, language skills, voice quality, and



communication strategies. They also provide therapy for individuals with difficulty swallowing, helping them safely consume food and liquids.

- d. **Settings:** Speech therapy services can be found in hospitals, schools, rehabilitation centers, private practices, and nursing homes.

In summary, these therapy disciplines play critical roles in enhancing the lives of individuals with various health conditions and limitations. They work collaboratively with other healthcare professionals to provide holistic care and improve the physical, cognitive, and communication abilities of their clients or patients.

## Reimbursement Guidelines

In accordance with both state and federal guidelines, it is essential to note that physical therapy, occupational therapy, and speech therapy services must not surpass the annual service limit maximum without obtaining proper authorization. Consequently, Molina Healthcare will reimburse in accordance with the applicable state, federal, and provider contracts.

## Supplemental Information

### State Exceptions

State	Exception
AZ	<p>The Contractor and FFS Programs covers speech therapy services provided to all members who are receiving inpatient care at a hospital, nursing facility or custodial care facility when services are ordered by the member's PCP or attending physician.</p> <p>Speech therapy provided on an outpatient basis is only covered for members under the age of 21 and ALTCS members.</p> <p>Occupational and physical therapy services received while member is inpatient at a hospital, nursing facility or custodial care facility do not count as part of the maximum allowed units per contract year.</p>
FL	<p>Skilled Nursing Facility Inpatient Services do not count towards the 35 Visit yearly limit.</p>
KY	<p>Critical Access Hospital, Per the Covid Auth waiver, service rendered in an inpatient or outpatient setting will not require an authorization for the dates of service 08/11/2021-04/30/2022</p>
WA	<p>Excluding members &lt;=20 Years of age. WA HCA (Health Care Authority) does not place any limitations for therapy benefits on members of age 20 years and younger</p>


## Documentation History

Type	Date	Action
Effective Date	09/08/2023	New Policy
Revised Date	12/17/2024	Updated Template

## References

This policy was developed using.

- CMS
- State Medicaid Regulatory Guidance
- State Contracts

State/Agency	Document Name/Description	Link/Document
FL	FL Fee Schedule	 FL_2022-OT_PT_SP_Fee_Schedule.docx
WA	Outpatient Rehab Billing Guide	<a href="#">OP Rehabilitation Billing Guide</a>
KY	Therapy Services Title 907 Chapter 10	<a href="#">Therapy Services PA</a> <a href="#">Title 907 Chapter 10 Regulation 014 • Kentucky Administrative Regulations • Legislative Research Commission</a>
OH	Professional Medical Services Molina Bulletin	<a href="#">Professional Medical Services</a>  OH_2022_4_Provider_Bulletin_final_for_

**CODING DISCLAIMER.** Codes listed in this policy are for reference purposes only and may not be all-inclusive. Deleted codes and codes which are not effective at the time the service is rendered may not be eligible for reimbursement. Listing of a service or device code in this policy does not guarantee coverage. Coverage is determined by the benefit document. Molina adheres to Current Procedural Terminology (CPT®), a registered trademark of the American Medical Association (AMA). All CPT codes and descriptions are copyrighted by the AMA; this information is included for informational purposes only. Providers and facilities are expected to utilize industry standard coding practices for all submissions. When improper billing and coding is not followed, Molina has the right to reject/deny the claim and recover claim payment(s). Due to changing industry practices, Molina reserves the right to revise this policy as needed.