

North Carolina
State Health Plan
for Teachers and State Employees and
NC Health Choice for Children

www.shpnc.org

Myotherapy

Policy Number: ME0580

Active policy, not scheduled for routine review.

Definition:

Myotherapy is a method of treating musculoskeletal disorders by firm and prolonged pressure over the trigger points located on the affected muscle. Trigger points are tender areas which occur along muscle edges, muscle crossings and muscle insertions. This technique does not involve the use of needles or drugs.

Coverage:

Myotherapy is not covered under any situation.

Approval Procedures:

Not applicable.

Limitations and Exclusions:

Myotherapy is not the same as infiltrative injection (trigger point injection), which is covered.

Authority:

G.S. 135-42(b)

G.S. 108A-70.21(b)

G.S. 135-40.6(8)i (statute effective through 06/30/2008 for Predecessor Plan)

Complete Review of Policy:

December 1989

March 2005

Revised:

December 2008