

Subject:	<b>Physical therapy and exercise in cases of arthrosis</b>
Summary:	<p>In this Outcome of Assessment CVZ has assessed whether physical therapy or exercise therapy in cases of arthrosis complies with the statutory 'established medical science and medical practice' criterion, and if so for which groups of patients.</p> <p>CVZ has concluded, on the grounds of the literature, and according to the ACR criteria, that a maximum of 18 sessions of physical therapy and exercise therapy are effective for patients with hip and knee arthrosis and thus in accordance with established medical science and medical practice.</p> <p>Exercise therapy for patients with arthrosis of the knee and hip is in keeping with a stepped-care approach.</p>
Type of ruling:	SpZ = Outcome of Assessment Zvw
Date:	30 May 2011
Issued to:	VWS
Care form:	Paramedical care

*The original text of this **Outcome of Assessment** of CVZ was in Dutch. Although great care was taken in translating the text from Dutch to English, the translation may nevertheless have resulted in discrepancies. Rights may only be derived on the basis of the Dutch version of CVZ's Outcome of Assessment.*

*Furthermore, CVZ points out that only the summary of this report was translated. A proper understanding of all relevant considerations and facts would require familiarity with the Dutch version of this report, including all appendices.*