

Subject:	Physical therapy and exercise in cases of chronic arthritis
Summary:	<p>In this Outcome of Assessment CVZ has assessed whether long-term and/or intermittent physical therapy and exercise therapy in cases of chronic arthritis complies with established medical science and medical practice.</p> <p>Chronic arthritis appears on the so-called list of chronic disorders for physical therapy and exercise therapy. Several disorders are covered by the term chronic arthritis. The costs of the first 12 sessions of physical therapy and exercise therapy for disorders that appear on the list of chronic disorders are at patients' own expense or at the expense of their supplementary insurance. Afterwards, the costs are at the expense of the Zvw, insofar as the insured patient is reasonably dependent on this care. The rights of insured patients up to the age of 18 years also includes the first 12 sessions.</p> <p>CVZ is of the opinion that short-term, intensive physical therapy and exercise therapy improves the aerobic condition of people with rheumatoid arthritis in comparison with patients without these exercises.</p> <p>In the case of ankylosing spondylitis, CVZ concludes that short-term physical therapy and exercise therapy, in combination with education, has a positive effect on patients' physical functioning. No evidence is available about other physical therapeutic interventions for this disorder.</p> <p>CVZ concludes that there is no evidence for the efficacy of long-term physical therapy and exercise therapy in cases of chronic arthritis.</p>
Type of ruling:	SpZ = Outcome of Assessment Zvw
Date:	30 May 2011
Issued to:	VWS
Care form:	Paramedical Care