

## When to Bill 97530 vs 97110

ALS Integrated Services – Simplifying What Matters Most

It is important to distinguish when to bill therapeutic activities (97530) versus therapeutic exercise (97110).

### Quick Rule of Thumb for Staff Training

- **97110 = Exercise-based** → “What’s happening inside the muscles/joints.”
- **97530 = Functional based** → “How the patient uses it in real life.”

### 97530 – Therapeutic Activities

- **Purpose:** Functional, dynamic, and task-oriented activities.
- **Focus:** Improving ability to perform daily activities (ADLs, work tasks, mobility).
- **Examples:**
  - Lifting and carrying objects (simulating home/work tasks).
  - Bed mobility and transfers (chair ↔ bed).
  - Stair climbing or step training.
  - Sit-to-stand practice.
  - Functional reaching, bending, or balance activities.
- **Key Question:** *Does this activity mimic something the patient needs to do in daily life?*
- Bill **97530** if the answer is YES.

## When to Bill 97530 vs 97110

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### 97110 – Therapeutic Exercise

- **Purpose:** Improve strength, endurance, range of motion, and flexibility.
- **Focus:** Repetitive movements and exercises not tied to a specific functional task.
- **Examples:**
  - Straight leg raises, bridges, or resistance band exercises.
  - Shoulder ROM with pulleys.
  - Core strengthening or endurance training.
  - General stretching routines.
- **Key Question:** *Is this exercise to strengthen or condition, but not tied to a specific daily activity?*
- Bill **97110** if the answer is YES.

### 8-Minute Rule Reference

The 8-minute rule determines how many units of time-based codes can be billed:

- 8–22 minutes = 1 unit
- 23–37 minutes = 2 units
- 38–52 minutes = 3 units
- 53–67 minutes = 4 units (and so on)