

## List of conditions for physiotherapy and/or exercise therapy

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Effective date: 1 January 2019

#### General

- this list contains conditions that may entitle insured persons to physiotherapy and/or exercise therapy under clause B.8 of the terms and conditions of insurance.
- this list is the same as appendix 1 to the Dutch Health Insurance Decree ('Besluit zorgverzekering').
- you do not need to ask us for approval if you use a physiotherapist or exercise therapist with whom we have a healthcare agreement. A list of these healthcare providers is available on our website. The therapist will assess on our behalf whether your condition appears on the 'List of conditions for physiotherapy and/or exercise therapy'.
- a number of conditions are subject to a maximum duration of treatment, as specified in the list below.

#### One of the following conditions of the central nervous system

cerebrovascular accident (CVA)	
spinal cord condition	
multiple sclerosis	
peripheral neuropathy in case of loss of motor function	
extrapyramidal condition	
motor retardation or a developmental disorder of the central nervous system in patients under 17 years old	
congenital defect in the central nervous system	
cerebellar condition	
paralysis symptoms due to a tumour in the brain or spinal cord as a result of brain damage	
radicular syndrome with loss of motor function	maximum duration of treatment is three months
neuromuscular disease	
myasthenia gravis	

#### One of the following conditions of the musculoskeletal system

congenital defect	
progressive scoliosis	
juvenile osteochondrosis in patients under 22 years old	
reflex dystrophy	
fracture due to multiple myeloma, bone metastases or Paget's disease	
frozen shoulder (adhesive capsulitis)	maximum duration of treatment is twelve months
hyperostotic spondylosis (Forestier's disease)	
collagen diseases	
status after amputation	
whiplash	maximum duration of treatment is three months. If loss of motor function, exercise intolerance and cognitive disorders all continue afterwards, this period can be extended by a maximum of six months.

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postpartum pelvic instability	maximum duration of treatment is three months
fractures if treated conservatively	maximum duration of treatment is six months after conservative treatment

### One of the following other conditions

congenital defect of the respiratory tract	
lymphedema	
scar tissue of the skin after a trauma or otherwise	
status after admission to hospital, a nursing facility or a rehabilitation facility, or after day treatment at a rehabilitation facility and the assistance serves to speed up recovery after discharge from hospital or termination of the day treatment	maximum duration of treatment is twelve months following discharge from hospital or termination of day treatment at the facility
Fontaine stage 3 peripheral artery disease	maximum duration of treatment is twelve months
soft tissue sarcoma	maximum duration of treatment is two years after radiotherapy
diffuse interstitial lung disease if it involves a ventilatory defect or diffusion disorder	