

ICD-10 CODES | SOFT TISSUE INJURIES

1. General

- i. Contusion
- ii. Laceration
- iii. Strain
- iv. Sprain
- v. Subluxation or Dislocation
- vi. Crush (describe body part)
- vii. Traumatic amputation (describe body part)
 1. Partial
 2. Complete

2. Shoulder

- i. Glenohumeral
 1. Strain (acute tear)
 - a. Rotator cuff
 - b. Other muscle, tendon fascia of shoulder
 2. Sprain
 - a. Coracohumeral ligament
 - b. Rotator cuff capsule
 3. Subluxation/dislocation: anterior, posterior, inferior, other
- ii. AC Joint
 1. Sprain
 2. Subluxation Grade 1)
 3. Dislocation
 - a. 100-200%
 - b. > 200%
- iii. SC Joint
 1. Sprain
 2. Subluxation/dislocation: anterior, posterior
- iv. Scapula
 1. Subluxation/dislocation Scapula
 2. Strain muscle (describe which) of scapula

3. Upper Arm:

- i. Strain muscle, tendon, fascia of biceps, triceps, or upper arm

4. Elbow:

- i. Radioulnar joint
 - 1. Subluxation/dislocation
 - a. Anterior, posterior
 - b. Nursemaid's elbow
 - 2. Sprain
- ii. Ulnohumeral joint
 - 1. Subluxation/dislocation
 - a. Anterior, posterior, medial, lateral, other
 - 2. Sprain
- iii. Elbow:
 - 1. Sprain/rupture of RCL, UCL, other ligament of elbow
- iv. Forearm:
 - 1. Strain, laceration of muscle, tendon, or fascia
 - a. Describe exact tendon and label as flexor or extensor or abductor muscles

5. Hand/Wrist

- i. Subluxation/dislocation of:
 - 1. Distal radioulnar joint, radiocarpal, distal end of ulna, midcarpal, CMC thumb or fingers, MCP, IP, PIP, DIP
- ii. Traumatic Rupture of:
 - 1. Wrist
 - a. Radial collateral
 - b. Ulnar collateral
 - c. Palmar ligaments
 - 2. Hand/Fingers:
 - a. Collateral ligaments
 - b. Palmar ligaments/volar plate
- iii. Sprain
 - 1. Wrist
 - a. Radio carpal ligaments
 - b. Mid carpal ligaments

2. Hand and fingers:
 - a. MCP
 - b. PIP
 - c. DIP
- iv. Strain, rupture, or laceration of tendon, muscle, or fascia of
 1. Flexor tendons at hand, fingers (exact location)
 2. Extensor tendons at hand, fingers (exact location)
 3. Intrinsic muscles of hand/fingers

6. Neck

- i. Strain of muscle, tendon, or fascia of neck (paraspinous, anterior, etc.)
- ii. Sprain
 1. Anterior longitudinal ligament
 2. Atlantoaxial ligament
 3. Atlantooccipital ligament
 4. Whiplash
 5. Traumatic rupture of disc
 6. Subluxation/dislocation of cervical vertebrae

7. Thoracic Spine

- i. Strain of muscle, tendon, fascia of
 1. Thoracic spine
 2. Front wall of thorax
 3. Back wall of thorax
- ii. Subluxation/dislocation of Thoracic vertebra (level)
- iii. Traumatic rupture of disc (level)
- iv. Sprain of ligaments of thoracic spine

8. Chest/ribs

- i. Sprain:
 1. Ribs
 2. Chondrosternal junction
 3. Sternoclavicular joint

9. Lumbar Spine:

- i. Strain of muscle, tendon, fascia of lumbar spine or abdomen
- ii. Subluxation/dislocation of lumbosacral spine (level)
- iii. Traumatic rupture of disc (level)
- iv. Sprain of Ligaments of Lumbar spine

10. Pelvis

- i. Strain of muscle, tendon, fascia of pelvis, abdomen
- ii. Subluxation/dislocation of:
 - 1. SI joint
 - 2. Sacrococcygeal joint
- iii. Traumatic rupture of
 - 1. Symphysis Pubis

11. Hip

- i. Strain or laceration of muscle, tendon, fascia of hip
- ii. Subluxation/dislocation of Hip
 - 1. Posterior, obturator, other anterior, central
- iii. Sprain of hip
 - 1. Iliofemoral ligament
 - 2. Ischiocapsular ligament

12. Thigh

- i. Strain or laceration of muscle, tendon, fascia of thigh
 - 1. Quadriceps
 - 2. Adductor muscle
 - 3. Posterior muscle group (hamstring)

13. Knee

- i. Subluxation/dislocation
 - 1. Patella
 - 2. Proximal end of tibia
 - a. Anterior, posterior, medial, lateral, other
- ii. Sprain of Ligaments
 - 1. ACL
 - 2. PCL

3. LCL
4. MCL
5. Superior tib fib

14. Lower Leg

- i. Strain or laceration of muscle, tendon, fascia
 1. Posterior muscle group
 2. Anterior muscle group
 3. Peroneal muscle group

15. Ankle/Foot

- i. Strain/laceration of muscle, tendon, fascia
 1. Long flexors
 2. Long extensors
 3. Intrinsic
- ii. Subluxation/dislocation
 1. Ankle
 2. Foot
 3. Tarsal joint
 4. Tarsometatarsal joint
 5. Metatarsophalangeal joint
 6. IP joint
- iii. Sprain
 1. Ankle
 - a. Calcaneofibular
 - b. Deltoid
 - c. Tibiofibular (high ankle sprain)
 2. Foot
 - a. Tarsal ligament
 - b. Tarsometatarsal ligament
 3. Toe
 - a. MTP
 - b. IP