

cpt code pelvic floor therapy

cpt code pelvic floor therapy refers to the specific billing codes used in medical and physical therapy settings to document and charge for services related to pelvic floor rehabilitation. Pelvic floor therapy is a specialized type of physical therapy aimed at treating dysfunctions of the pelvic floor muscles, which play an essential role in bladder, bowel, and sexual health. Understanding the appropriate Current Procedural Terminology (CPT) codes for pelvic floor therapy is crucial for healthcare providers, insurance companies, and patients to ensure accurate billing and reimbursement. This article provides a comprehensive overview of the relevant CPT codes, clinical applications, documentation requirements, and insurance considerations related to pelvic floor therapy. Additionally, it outlines common procedures involved in therapy and addresses challenges related to coding and compliance. The following sections will guide readers through the essential aspects of CPT code pelvic floor therapy for optimal clinical and administrative outcomes.

- Overview of CPT Codes for Pelvic Floor Therapy
- Clinical Applications of Pelvic Floor Therapy
- Documentation and Billing Requirements
- Insurance Coverage and Reimbursement
- Common Procedures Included in Pelvic Floor Therapy
- Challenges and Best Practices in CPT Coding

Overview of CPT Codes for Pelvic Floor Therapy

CPT codes are standardized numeric codes developed by the American Medical Association to describe medical, surgical, and diagnostic services. For pelvic floor therapy, specific CPT codes capture the evaluation and treatment of pelvic floor dysfunctions. These codes facilitate clear communication between healthcare providers and payers, ensuring proper reimbursement for services rendered. The correct selection of CPT codes depends on the type of services provided, including evaluation, therapeutic exercises, biofeedback, and manual therapy techniques.

Common CPT Codes Used in Pelvic Floor Therapy

Several CPT codes are frequently used to report pelvic floor therapy services. These codes include:

- **97110** - Therapeutic exercises to develop strength and endurance, range of motion,

and flexibility.

- **97112** - Neuromuscular reeducation of movement, balance, coordination, kinesthetic sense, posture, and proprioception.
- **90911** - Biofeedback training for the pelvic floor muscles (used in some cases).
- **97530** - Therapeutic activities to improve functional performance.
- **97140** - Manual therapy techniques including soft tissue mobilization and manipulation.

It is important to note that there is no exclusive CPT code labeled solely as "pelvic floor therapy." Instead, providers select the most appropriate codes based on the specific therapeutic interventions delivered during the session.

New and Emerging CPT Codes

With advancements in pelvic health care, coding updates occasionally introduce new codes or modifiers that better describe innovative treatments. Providers should stay informed about annual CPT code revisions to ensure compliance and maximize reimbursement opportunities.

Clinical Applications of Pelvic Floor Therapy

Pelvic floor therapy addresses a variety of conditions affecting the pelvic region, including urinary incontinence, pelvic pain, fecal incontinence, and postpartum recovery. The therapy involves targeted exercises, manual techniques, and sometimes biofeedback to improve muscle function and patient outcomes.

Common Conditions Treated with Pelvic Floor Therapy

Pelvic floor therapy is integral in managing numerous pelvic disorders, such as:

- Stress urinary incontinence
- Overactive bladder syndrome
- Pelvic organ prolapse
- Chronic pelvic pain
- Postpartum pelvic floor dysfunction
- Fecal incontinence

Therapists develop individualized treatment plans using evidence-based interventions tailored to each patient's unique diagnosis and functional goals.

Therapeutic Techniques Employed

Pelvic floor therapy encompasses several specialized techniques, including:

- Pelvic floor muscle strengthening and relaxation exercises
- Biofeedback-assisted training to enhance muscle awareness and control
- Manual therapy to address muscle tightness and connective tissue restrictions
- Electrical stimulation for muscle activation and pain relief
- Education on bladder and bowel habits, posture, and lifestyle modifications

Documentation and Billing Requirements

Accurate documentation is essential for justifying the use of specific CPT codes in pelvic floor therapy. Documentation must clearly describe the evaluation, treatment modalities, patient progress, and time spent on each service. This information supports proper billing and aids in compliance with payer policies.

Key Elements of Documentation

Effective documentation for pelvic floor therapy billing should include:

1. Patient diagnosis and clinical findings
2. Detailed description of therapeutic interventions performed
3. Session duration and time allocated to each procedure
4. Patient response and progress notes
5. Plan for future therapy sessions or discharge criteria

Time-Based vs. Procedure-Based Coding

Some CPT codes for pelvic floor therapy are time-based, requiring providers to document the length of therapy sessions to justify billing. Others are procedure-based, focusing on the

specific intervention performed regardless of time. Understanding the distinction between these coding methods is critical for accurate claim submission.

Insurance Coverage and Reimbursement

Insurance coverage for pelvic floor therapy varies depending on payer policies, medical necessity, and documentation quality. While many private insurers and Medicare recognize pelvic floor therapy as a medically necessary service, reimbursement rates and coverage criteria can differ significantly.

Insurance Policies and Medical Necessity

To obtain reimbursement, providers must demonstrate that pelvic floor therapy is medically necessary, often requiring supporting documentation of diagnosis and treatment goals. Insurance companies may request pre-authorization or require detailed progress reports during the course of therapy.

Common Reimbursement Challenges

Providers may encounter obstacles such as:

- Denial of claims due to insufficient documentation
- Limitations on the number of reimbursable sessions
- Confusion over appropriate CPT code selection
- Variability in coverage for biofeedback and electrical stimulation

Understanding payer guidelines and maintaining thorough documentation are essential to overcoming these challenges.

Common Procedures Included in Pelvic Floor Therapy

The procedures encompassed by pelvic floor therapy are diverse and tailored to the patient's condition. Selecting the corresponding CPT codes depends on the specific interventions applied during treatment sessions.

Therapeutic Exercises and Neuromuscular Reeducation

Therapeutic exercises (CPT 97110) often form the foundation of pelvic floor therapy,

focusing on muscle strengthening and flexibility. Neuromuscular reeducation (CPT 97112) is frequently used to retrain muscle coordination and improve functional movement patterns.

Biofeedback and Electrical Stimulation

Biofeedback (CPT 90911) assists patients in gaining awareness and control over pelvic floor muscles through real-time feedback mechanisms. Electrical stimulation may be used adjunctively to facilitate muscle activation and pain management, though coding for such modalities may require additional or specific CPT codes.

Manual Therapy Techniques

Manual therapy (CPT 97140) includes hands-on techniques such as soft tissue mobilization, myofascial release, and trigger point therapy. These procedures aim to alleviate muscle tightness, improve tissue mobility, and reduce pain.

Challenges and Best Practices in CPT Coding

Accurate CPT coding for pelvic floor therapy presents challenges due to the multifaceted nature of treatment and evolving coding guidelines. Providers must stay current on code changes and payer policies to avoid claim denials and ensure appropriate reimbursement.

Common Coding Errors

Frequent mistakes in pelvic floor therapy coding include:

- Using incorrect CPT codes that do not reflect the services provided
- Failing to document time spent on time-based codes
- Overlapping billing for procedures performed simultaneously
- Neglecting to apply necessary modifiers when multiple services are billed

Strategies for Accurate Coding

Best practices to optimize coding and billing accuracy include:

1. Comprehensive training for clinical and billing staff on CPT codes related to pelvic floor therapy
2. Consistent and detailed documentation of therapy sessions

3. Regular auditing of coding practices to identify and correct errors
4. Engaging with payers to clarify coverage policies and obtain pre-authorizations when needed

Frequently Asked Questions

What is the CPT code for pelvic floor therapy?

The CPT codes for pelvic floor therapy typically fall under 97110 (Therapeutic exercises), 97112 (Neuromuscular reeducation), and 97530 (Therapeutic activities), depending on the specific services provided.

Is pelvic floor therapy covered by insurance using CPT codes?

Coverage for pelvic floor therapy varies by insurance provider, but many accept CPT codes like 97110 and 97112 for reimbursement when therapy is medically necessary and prescribed by a healthcare provider.

How do I document pelvic floor therapy using CPT codes?

Documentation should include the type of therapy performed, duration, patient progress, and the corresponding CPT codes such as 97110 for exercises or 97112 for neuromuscular reeducation, ensuring alignment with payer guidelines.

Can pelvic floor therapy be billed under multiple CPT codes in one session?

Yes, multiple CPT codes like 97110 and 97112 can be billed in one session if different therapy modalities are administered, but it is important to follow payer-specific guidelines and avoid unbundling.

Are there specific CPT codes for biofeedback in pelvic floor therapy?

Yes, biofeedback used in pelvic floor therapy is often billed using CPT code 90911 or 90912, depending on the setting and type of biofeedback provided.

What is the difference between CPT codes 97110 and

97112 in pelvic floor therapy?

CPT code 97110 refers to therapeutic exercises to develop strength and endurance, while 97112 refers to neuromuscular reeducation, which involves retraining muscle function and coordination, both commonly used in pelvic floor therapy.

Additional Resources

1. *Pelvic Floor Therapy: A Comprehensive Guide to CPT Coding and Reimbursement*

This book offers an in-depth overview of CPT codes related to pelvic floor therapy, focusing on accurate documentation and billing practices. It is designed for physical therapists, medical coders, and billing professionals to optimize reimbursement. The guide includes case studies and coding scenarios to help readers navigate complex coding challenges.

2. *Clinical Applications of Pelvic Floor Rehabilitation and CPT Coding*

Combining clinical insights with coding expertise, this book explores therapeutic techniques for pelvic floor dysfunction alongside detailed CPT coding instructions. It assists clinicians in understanding how to document treatments properly to meet payer requirements. The text also highlights common pitfalls and strategies for successful claims.

3. *Advanced Pelvic Floor Therapy: Techniques, Treatment, and CPT Code Utilization*

This resource covers advanced therapeutic interventions for pelvic floor disorders and explains the corresponding CPT codes used for billing. It serves as a practical manual for therapists seeking to enhance their clinical skills while ensuring compliant coding. The book also discusses insurance policies and payer guidelines affecting pelvic floor therapy.

4. *Mastering CPT Coding for Pelvic Health Physical Therapy*

Focused exclusively on CPT coding, this book demystifies the complex coding system related to pelvic health physical therapy. It provides clear explanations of each relevant code, coding modifiers, and documentation requirements. The guide is ideal for new and experienced coders aiming to improve accuracy and reduce claim denials.

5. *Pelvic Floor Dysfunction: Rehabilitation Approaches and CPT Billing Strategies*

This book integrates therapeutic approaches for managing pelvic floor dysfunction with practical billing strategies using CPT codes. Readers will find treatment protocols alongside tips for optimizing reimbursements and avoiding common coding errors. The content is tailored for multidisciplinary teams involved in pelvic floor care.

6. *Evidence-Based Pelvic Floor Therapy and Coding Essentials*

Offering a research-backed perspective, this book presents evidence-based pelvic floor therapy techniques alongside essential CPT coding information. It emphasizes the importance of documentation supported by clinical evidence to justify therapy services. The book is a valuable resource for therapists committed to combining quality care with effective billing.

7. *Pelvic Floor Physical Therapy: Coding, Documentation, and Compliance*

This title addresses the critical aspects of coding, documentation, and regulatory compliance in pelvic floor physical therapy. It guides readers through the necessary paperwork and coding practices to meet legal and payer standards. The book also includes tips on audits and maintaining compliance in a changing healthcare environment.

8. *Pelvic Floor Rehabilitation: From Assessment to CPT Code Mastery*

Covering the entire rehabilitation process, this book details assessment techniques, treatment plans, and corresponding CPT codes. It helps clinicians translate clinical findings into accurate coding for reimbursement purposes. The step-by-step approach makes it a practical tool for both new and seasoned pelvic floor therapists.

9. *Optimizing Reimbursement in Pelvic Floor Therapy: CPT Coding and Documentation Best Practices*

This book focuses on maximizing reimbursement through effective CPT coding and thorough documentation in pelvic floor therapy. It offers strategies to navigate insurance policies and reduce claim denials. The book is essential for therapists and billing professionals aiming to enhance the financial viability of their pelvic floor therapy services.

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Stephen Jones, 2013-11-28 This issue of the Urologic Clinics covers office-based procedures in urology. There are a wealth of urologic procedures that can be done in the office setting, offering reduced risks to the patient, less stress, and better recovery time, as well as a more favourable reimbursement for the physician. Articles include more common issues such as stone management, ultrasound/prostate biopsy, and vasectomy, as well as infusion therapy, biofeedback, and office anesthesia.

cpt code pelvic floor therapy: Practical Guide to Office Procedures in Gynecology and

Urogynecology Khaled Sakhel, James Chivian Lukban, Alfred Z. Abuhamad, 2012-12-15 This ideal and quick reference book is written in a reader-friendly style by accomplished experts in their field. The book is directed to women's health professionals who currently perform, or wish to perform gynecologic and urogynecologic procedures in the office. You will find this text to be comprehensive and current with great images and useful tools. This is one of the only books that present all pertinent information on office procedures in gynecology and urogynecology in a concise and easy-to-read manner. With this book in hand you will be able to build your confidence and understanding of procedures, with chapters that cover the most widely performed gynecologic and urogynecologic office interventions. Understand the legal and safety issues that are encountered in the office. Learn procedural protocols from the experts. Obtain clinical pearls which provide a useful summary of the most important points in each chapter. Access tables with CPT codes for all the procedures described.

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2025-2026 Elliot Spencer, 2025-07-28 The path to becoming a Certified Professional Coder can feel daunting. Thousands of aspiring coders struggle with the overwhelming volume of codes, confusing guidelines, and the high-pressure exam environment. With healthcare evolving rapidly and CPC exam requirements getting stricter, you need a study guide that not only prepares you—but positions you to win. Enter the ultimate exam prep resource: "AAPC CPC Certified Professional Coder Exam Prep 2025-2026" by Elliot Spencer. This professionally crafted guide is more than a

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PUBLISHER: TEKTIME

cpt code pelvic floor therapy: Advanced Health Assessment of Women, Third Edition Helen Carcio, R. Mimi Secor, 2014-10-10 This is the only truly comprehensive advanced text for the assessment of women's health, written for such primary care providers as nurse practitioners, physician assistants, and certified nurses;midwives. It encompasses both foundational and cutting-edge physical and psychosocial information in a clear and concise outline format, and is unique in its presentation of more advanced techniques and procedures not addressed in standard graduate assessment texts. Keeping pace with the expanding scope of advanced practice, the third edition provides several completely new chapters authored by renowned specialists, expanded chapters, and updates. This includes new information on contraception, domestic violence, health history of special populations, lesbian health, evaluation of the pelvic floor, aging and menopause, bleeding irregularities, infertility, skin aesthetics, pelvic pain, and health guidelines. With an integrated approach to treatment, the authors delineate the expanded roles of advanced health care providers, including guidance for situations when a practitioner must decide whether to act independently, co-manage, consult, or refer. The authors provide in-depth descriptions enhanced by plentiful tables and figures of each assessment skill and technique along with its underlying rationale. Basic techniques are augmented by the inclusion of possible alterations for a particular procedure. On a continuum from simple to complex, the text is divided into 11 units that cover basic women's health assessment down to the cellular level, health history, prenatal assessment, investigative procedures including sonohysteroscopy and simple cystometrogram, and several chapters on specific women's health concerns. A special chapter on urinary incontinence includes diagnosis of bladder dysfunction. Sample assessment forms are integrated throughout, as are comprehensive lists of equipment required for each procedure along with information on patient preparation and follow-up. New to the Third Edition: Updated assessment guidelines New chapters on lesbian health, dysfunctional uterine bleeding, polycystic ovarian syndrome, skin aesthetics, and

pelvic pain Information on new contraception devices New information on domestic violence, health history of special populations, and vaginal microscopy Cervical cancer screening, menopause assessment, and osteoporosis screening Expanded information on evaluation of the pelvic floor Expanded information on aging and menopause Updates on infertility and information on BRCA gene testing Key Features: Provides detailed descriptions of advanced assessment techniques enhanced with plentiful tables and figures Presents the rationale for all assessments and procedures Delineates clinical procedures on the leading edge of the expanded role of the advanced practice clinician Includes unique chapters about selection and insertion of the vaginal pessary, intrauterine insemination procedure, and donor insemination Covers such advanced skills as vulvar exam and biopsy, endometrial biopsy, acrochordonectomy, polypectomy, and colposcopy

cpt code pelvic floor therapy: Occupational Therapy and Women's Health Sabina Khan, 2025-03-28 This innovative and comprehensive textbook provides a detailed exploration of the role of occupational therapy in addressing the unique needs of women across the lifespan. Structured into 14 parts, the book begins with the foundations of women's health, delving into its historical evolution, the significance of gender equality in medical research, the implications of employment on women's well-being, intricate sociocultural influences, and the intersection of women and occupation from an occupational therapy perspective. Following this foundational context, the book journeys through diverse areas such as gynecological and obstetric health management, endocrine health, autoimmune conditions, non-cisgender health in the context of women's health, mental health and biopsychosocial aspects, cardiovascular health, sleep, weight, and lifestyle factors, oncology, neurological health, women's health across the lifespan, inter-partner violence and trauma-informed care, and special topics in women's health. Women's health is a universal concern that transcends geographical boundaries, cultural differences, and socioeconomic disparities, and this important book will be key reading for both students and practitioners of occupational therapy.

cpt code pelvic floor therapy: Advanced Health Assessment of Women, Fourth Edition Helen Carcio, R. Mimi Secor, 2018-09-07 Written for nurse practitioners, physician assistants, nurse midwives, and other primary care providers, this new edition of Advanced Health Assessment of Women, continues to deliver the clinical skills required to care for the unique healthcare needs of women. This text delves into the growing role of the advanced practice clinician, establishing a foundation for and an understanding of the rationale behind the techniques and procedures described. Master's level and doctoral level curricula provide basic content for the advanced practice clinician but may not provide sufficient education and training regarding advanced women's health skills and procedures. This practical manual is designed to fill that gap, linking theory to clinical practice using critical thinking. Using a clear and concise outline format, Advanced Health Assessment of Women avoids unnecessary jargon and cuts straight to the clinical skills, techniques, and procedures the advanced practice provider needs to know. Content progresses from simple to complex, covering basic assessment and physiology, health history, physical examination, and specific investigative procedures. Each technique and procedure outlined contains detailed descriptions, strategies for patient preparation, and recommended follow up, accompanied by a comprehensive list of equipment. In this new edition, all content has been reviewed and expanded to reflect the most updated evidence-based clinical practice guidelines. Key Features: Clinical procedures that are on the leading edge in the expanded role of the advanced practice clinician Detailed descriptions of advanced assessment techniques with plentiful tables and figures Special chapter on urinary incontinence includes diagnosis of bladder dysfunction Appendices contain patient information handouts and practice forms that can be adapted for practice Unique chapter: selection and insertion of the vaginal pessary New to this edition: NEW Chapter: Assessment of Transgender Persons Revisions of clinical guidelines and procedures for menopause, cervical cancer screening, and osteoporosis chapters Treatment summary sections for selected chapters such as PCOS, AUB, vulvodynia, obesity, and urinary incontinence

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cpt code pelvic floor therapy: Procedures for the Primary Care Provider Marilyn Winterton Edmunds, 2016-01-19 Confidently perform the most common office procedures with *Procedures for the Primary Care Provider*, 3rd Edition. This practical, spiral-bound reference provides step-by-step illustrated guidelines for basic and advanced office procedures commonly performed by Nurse Practitioners and Physician's Assistants. Each procedure follows a consistent format including a brief description of the procedure, a review of relevant anatomy and physiology, indications and contraindications, precautions, assessment, patient preparation, treatment alternatives, a list of equipment needed, and a step-by-step illustrated procedure. This third edition features nine new procedures, new illustrations, a more user-friendly full-color design, and much more. Need-to-know coverage of the most common office procedures performed by NPs, PAs, and other primary care providers makes this book an excellent guide for clinicians who may not perform these procedures regularly. Consistent procedure format includes a brief description of the procedure, a review of relevant anatomy and physiology, indications and contraindications, precautions, assessment, patient preparation, treatment alternatives, a list of equipment needed, and a step-by-step illustrated procedure. Detailed illustrations (nearly 400 drawings and photographs) clearly demonstrate the steps of each procedure. Step-by-step numbered guidelines for each procedure allow for quick reference. An introductory chapter covers legal, educational, and reimbursement factors related to performing common office procedures. Appendixes, including the Sample Checklist for Certification and the Sample Consent Form for Procedure, provide you with commonly used forms in an easy to access location. UPDATED! Nine new procedures reflect the changing spectrum of primary care procedures, customer requests, and changes in NP and PA practice (*asterisk indicates advanced procedures requiring special education and/or certification): Jewelry removal Fluoride varnish application Frenulectomy Trigger point injection Dislocation reduction: finger (DIP and PIP joints) Bladder scanning with ultrasound Endometrial biopsy* Male circumcision (Gomco technique)* Manual detorsion of the testes* NEW! Red Flag alerts indicate when a procedure should be referred to a specialist. NEW and UPDATED! Additional and updated CPT billing codes, which are used frequently by NPs and PAs, reflect the most recent information. NEW! Brand new full-color, enhanced design, featuring procedure illustrations that fall within the

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cpt code pelvic floor therapy: Oncology Rehabilitation E-Book Deborah Doherty, Chris Wilson, Lori Boright, 2022-07-23 - Coverage of physical therapy patient management includes acute care, outpatient, and multidisciplinary clinical settings, along with in-depth therapeutic management interventions. - Content on the continuum of cancer care addresses the primordial, primary, secondary, tertiary, and quaternary stages in prevention and treatment. - Focus on clinicians includes the professional roles, responsibilities, self-care, and values of the oncology rehabilitation clinician as an integral member of the cancer care team. - Information on inseparable contextual factors helps in dealing with administrative infrastructure and support, advocacy, payment, and reimbursement of rehabilitation as well as public policy. - Evidence Summary and Key Points boxes highlight important information for quick, at-a-glance reference. - Clinical case studies and review questions enhance your critical thinking skills and help you prepare for board certification, specialty practice, and/or residency. - Enhanced eBook version— included with print purchase— allows you to access all of the text, figures, and references from the book on a variety of devices. - Resources in the eBook include videos, board-review questions, case studies, and a curriculum map to highlight and demonstrate the correlation to the requirements for Oncology Rehabilitation Residency programs and the board certification exam. - Guidebook approach provides immediate, meaningful application for the practicing oncology rehabilitation clinician.

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cpt code pelvic floor therapy: Atlas of Interventional Pain Management - E-BOOK Steven D. Waldman, 2025-07-13 Deliver safe, accurate, and cost-effective relief for patients with acute, chronic, and cancer pain with the fully revised, Sixth Edition of Atlas of Interventional Pain Management. This essential resource by Dr. Steven D. Waldman is ideal for pain medicine clinicians at all levels of practice and training, providing comprehensive, easy-to-follow guidance that walks you step by step through each procedure. All clinically appropriate imaging modalities are represented, giving you the tools you need to achieve the best possible outcomes for more than 160 nerve block procedures, ranging from simple to advanced. - Focuses on the how rather than the why of interventional pain procedures, offering an abundance of high-quality, full-color illustrations to demonstrate the best technique. - Keeps you up to date with 23 brand-new chapters, including cervical retrolaminar block, pericapsular nerve group block at the shoulder, dorsal scapular nerve block, mid-point transverse process to pleura block, sacral plexus blocks, iPACK block, basivertebral nerve ablation, percutaneous interspinous spacers, and more. - Incorporates all clinically useful imaging modalities that increase needle placement precision, including expanded content on office-based ultrasound guided techniques, fluoroscopy, and computed tomography guided procedures. - Provides indications, clinically relevant anatomy, technique, side effects and complications, and clinical pearls for each procedure, as well as risks and benefits, potential pitfalls, and updated CPT codes. - Clearly illustrates the anatomical targets for each procedure and the appropriate needle placement and trajectory used to reach each target—including where the needle should not go. - Features more than 2,600 figures (430 new), including color line drawings, photographs, radiographs, ultrasound, CT, and MRI to provide you with a firm grasp of the anatomy involved with each procedure. - Includes access to procedural videos covering cervical translaminar epidural block, cervical paravertebral medical branch block, percutaneous facet fusion, lumbar transforaminal epidural block, and more. - Any additional digital ancillary content may publish up to 6 weeks following the publication date.

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