# **RX / MEDICAL NECESSITY FORM**

PATIENT INFORMATION				
MARA	BRUCE			
LAST NAME	FIRST NAME	MI		
MALE	11/03/55	5164375594	SHIPPING METHOD:  SHIP TO PATIENT'S HOME ADDRESS	
GENDER	DATE OF BIRTH	PHONE NUMBER	☐ SHIP TO PATIENT'S PHYSICIAN CLINIC	
25 YALE ST	GARDEN CITY	NY 11530		
ADDRESS	CITY	STATE & ZIPCODE		
INSURANCE INFORMATION	ON .			
MEDICARE				
PRIMARY INSURANCE		SECONDARY INSURANCE		
8R61X44AK23				
MEMBER ID		MEMBER ID		
PHYSICIAN INFORMATIO	N			
NICHOLAS RIZZO M.D.		1447321658		
PHYSICIAN NAME		NPI #		
		516-742-5344		
233 7TH ST SUITE 101 GARDEN	CITY NY 11530	PHONE NUMBER		
PRACTICE LOCATION		516-742-3740		
		FAX NUMBER		
PRESCRIPTION SELECTION	ON			
□ L3670 - Shoulder Brace (Side: □ L3960 - Shoulder Brace (Side: □ L3660 - Shoulder Brace (Side: □ L0650 - Lumbar Brace (Waist: ) □ L0642 - Lumbar Brace (Waist: ) □ L0457 - Lumbar Brace (Waist: ) □ L0648 - Lumbar Brace (Waist: ) □ E0100 - Electric Heat Pad □ L1696 - Hip Brace (Side: □ L □ L1686 - Hip Brace (Side: □ L □ L2624 - Hip Joint Adjustable Flex □ L3760 - Elbow Brace (Side: □ L	L □ R) (Size: ) L □ R) (Size: )  R) (Waist: ) R) (Waist: ) ion, Extension (Side: □ L □ R)	□ L3916 − Wrist Har □ L3915 - Wrist Han □ L1852 − Knee Bra □ L1833 − Knee Bra □ L2397 − Knee Sle □ E0100 − Cane □ L2425 − Dial Lock □ L2820 − Lower Ex □ L1971 − Ankle Bra □ L1966 − Ankle Bra □ L0174 − Cervical B	tremity Ortho ace (Side: $\Box$ L $\Box$ R) (Shoe Size: ) ace (Side: $\boxtimes$ L $\Box$ R) (Shoe Size: <b>10</b> )	
MEDICAL INFORMATION  ICD 10 (Diagnosis Code(s)):	rthritis left knee thritis right knee	<ul><li>☐ M19.071- Osteo</li><li>☐ M25.522 Pain ii</li><li>☐ M25.521 Pain ii</li></ul>	in right wrist parthritis Left Ankle parthritis Right Ankle n left elbow	
Length of Need: ⊠ 12+ month	ns (long term)	nths (1-11)		

#### **MEDICAL HISTORY**

**Previous treatments: RESTING** 

**Doctor's Notes:** The patient reports chronic **LEFT KNEE**, **RIGHT KNEE**, **LEFT ANKLE** pain for **OVER A YEAR**. Patient states pain is **ACHY** with a pain scale of **7** and pain worsens with movements. Pain is caused by **ARTHRITIS** and is experienced **SOMETIMES**. Previous treatments with heat, ice and rest have been unsuccessful to control pain level.

# **PHYSICIAN SIGNATURE**

Physician Verification: By my signature, I am prescribing the items listed above and certifying that the above-prescribed item(s) is medically indicated and necessary and consistent with current accepted standards of medical practice and treatment of this patient's physical condition.

\_ PHYSICIAN NAME:

NICHOLAS RIZZO M.D.

DATE: 08-16-2029

PHYSICIAN SIGNATU

Patient Name: BRUCE MARA

Patient Address: 25 YALE ST GARDEN CITY NY 11530

Patient Phone: 5164375594

Physician Name: NICHOLAS RIZZO M.D.

Address: 233 7TH ST SUITE 101 GARDEN CITY NY 11530 Telephone: 516-742-5344

Fax: **516-742-3740** 

Patient: **BRUCE MARA**Date of Birth: **11/03/55**Visit Date: **5 MONTHS AGO**Reason for visit: **CHECK-UP** 

# **Clinical Summary**

**Patient Demographics** 

Patient Name:	BRUCE MARA	Date of Birth:	11/03/55
Age:	68	Phone Number:	5164375594
Address:	25 YALE ST	City:	GARDEN CITY
State:	NY	Zip Code:	11530
Gender:	MALE	Height:	5'10
Weight:	160	Waist Size	34

#### **Patient Insurance**

Provider:	MEDICARE	Member ID:	8R61X44AK23
Provider:	WEDICARE	Member ID:	0K01X44AK23

#### Medications

Current Medication	TYLENOL AND ADVIL AS NEEDED
Medical History	NONE

#### **Medical Diagnosis**

The	paın	level	was	inc	licate	d on a scale of 1-10 as the following: 7
-				-		

The patient's pain started on or around A YEAR

The surgery addressed the following: NA

The pain is experienced **SOMETIMES** 

The patient has attempted the following previous treatments/therapies: RESTING

The patient described their pain as the following: ACHY

The activities that make the patient's pain worse is as follows: BENDING

The pain is located in the patient's LEFT KNEE, RIGHT KNEE, LEFT ANKLE

The patient's pain is caused by ARTHRITIS

The last time the patient has seen the doctor was on 5 MONTHS AGO

## **Chief Complaint**

The patient's main complaint is that they experience chronic pain located in the following location(s): LEFT KNEE, RIGHT KNEE, LEFT ANKLE

#### Subjective Notes

The patient reports chronic **LEFT KNEE**, **RIGHT KNEE**, **LEFT ANKLE** pain for **A YEAR**. Patient states pain is **ACHY** with a pain scale of **7** and pain worsens with movement. The pain is caused by **ARTHRITIS** and is experienced **SOMETIMES**. Previous treatments with heat, ice, and rest have been unsuccessful to control pain level.

#### Objective of Assessment (Review of Symptoms)

Patient has chronic pain for A YEAR located in their LEFT KNEE, RIGHT KNEE, LEFT ANKLE related to M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee, M19.072- Osteoarthritis Left Ankle. Patient has been to a physical therapist and hasn't had previous surgery to treat this pain.

Patient's chronic pain is described **ACHY** and occurs **SOMETIMES**. The patient rated their pain on a scale of 1-10 (10 being the worst) on a level **7**. The following activities make the patient's pain worse: **BENDING**. Patient needs a **LEFT KNEE**, **RIGHT KNEE**, **LEFT ANKLE** Brace to provide support and reduce pain level.

#### **Plan & Treatment Goals**

Based on my evaluation of the patient's condition, I am ordering the following device(s) L1852 KNEE ORTHOSIS (KO), SINGLE UPRIGHT, THIGH AND CALF, WITH ADJUSTABLE FLEXION AND EXTENSION JOINT (UNICENTRIC OR POLYCENTRIC), MEDIAL-LATERAL AND ROTATION CONTROL, WITH OR WITHOUT VARUS/VALGUS ADJUSTMENT, PREFABRICATED, OFF-THE-SHELF WHICH INCLUDES L2397 (ADDITION TO LOWER EXTREMITY ORTHOSIS, SUSPENSION SLEEVE), L1906 ANKLE FOOT ORTHOSIS, MULTILIGAMENTOUS ANKLE SUPPORT, PREFABRICATED, OFF-THE-SHELF INCLUDES L3170 HEEL STABILIZER, including fitting and adjustment if needed. The patient has been instructed to wear the device daily, as needed. The benefits of this device, which is an alternative, non-invasive method to potentially relieve pain, has been explained to the patient who is interested in this treatment. Based on my assessment, I have determined it is medically necessary and appropriate to prescribe treatment today. For the patient's complaint, I am prescribing this device. The patient will benefit by helping her address any of the following: give support to weak muscles, improve patient's pain, improve patient's function, increase performance in activities of daily living, improve ambulation, reduce medications, slow degeneration, provide stability, provide support. Reduce pain by restricting the mobility of the trunk; reduce the risk of medical problems escalating the patient's present condition, facilitate healing following an injury or surgical procedure to the spine or related soft tissues; To support weak spinal muscles and/or a deformed spine. If the patient's pain persists or worsens and/or there is an acute trauma or injury related to this pain, the patient agrees and understands to go to the Emergency Room or follow-up with their Primary Care Physician for further testing and imaging that may be immediately necessary.

#### ICD 10 (Diagnostic Codes)

M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee, M19.072- Osteoarthritis Left Ankle

#### Agreements

We understand that you are choosing to use our professional medical services to receive a prescription for your new brace.

#### **Physician Information**

Provider Name: NICHOLAS RIZZO M.D.

Address: 233 7TH ST SUITE 101 GARDEN CITY NY 11530

08-16-2024

Physician's Signature:

Date:

Patient Name: BRUCE MARA

Patient Address: 25 YALE ST GARDEN CITY NY 11530

Patient Phone: 5164375594

#### LETTER OF MEDICAL NECESSITY

Re: BRUCE MARA

Orthotic Device Need Assessment

Exam Date: 08/15/2024

Height: **5'10** Weight: **160** DOB: **11/03/55** 

Mr MARA is inquiring about utilizing orthotic bracing for his/her current conditions. His/her chief complaint at the time of this assessment is: LEFT KNEE, RIGHT KNEE, LEFT ANKLE.

Mr MARA reports chronic LEFT KNEE, RIGHT KNEE, LEFT ANKLE pain for A YEAR. Patient states pain is ACHY with a pain scale of 7 and pain worsens with BENDING. Pain is experienced SOMETIMES. Previous treatments with heat, ice, medication and rest have been unsuccessful to control pain levels.

Diagnosis includes: M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee, M19.072-Osteoarthritis Left Ankle. Based on my conversation with Mr MARA and evaluation of his/her condition, I am ordering the following: L1852 KNEE ORTHOSIS (KO), SINGLE UPRIGHT, THIGH AND CALF, WITH ADJUSTABLE FLEXION AND EXTENSION JOINT (UNICENTRIC OR POLYCENTRIC), MEDIAL-LATERAL AND ROTATION CONTROL, WITH OR WITHOUT VARUS/VALGUS ADJUSTMENT, PREFABRICATED, OFF-THE-SHELF WHICH INCLUDES L2397 (ADDITION TO LOWER EXTREMITY ORTHOSIS, SUSPENSION SLEEVE), L1906 ANKLE FOOT ORTHOSIS, MULTILIGAMENTOUS ANKLE SUPPORT, PREFABRICATED, OFF-THE-SHELF INCLUDES L3170 HEEL STABILIZER

Patient is ambulatory and has weakness of the LEFT KNEE, RIGHT KNEE, LEFT ANKLE requiring stabilization for improvement of functionality. I am prescribing this LEFT KNEE, RIGHT KNEE, LEFT ANKLE orthosis for the following indication(s): to aid when the patient is BENDING, to aid in stabilization of the LEFT KNEE, RIGHT KNEE, LEFT ANKLE. My treatment goal(s) for the use of the prescribed LEFT KNEE, RIGHT KNEE, LEFT ANKLE orthosis are: improvement in patient's function, improvement in patient's pain. The patient has been instructed to use the brace(s) daily, as needed.

Custom fitting of the orthosis is not required and the patient or an assisting caregiver can apply the prescribed orthotic device with minimal self-adjustment. **Mr MARA** has been provided a phone number to call if there are any additional comments or questions regarding this examination, and I have recommended that **Mr MARA** continue medical follow-up as part of an ongoing plan of care.

Re: BRUCE MARA...... DOB: November 03, 1955

I, NICHOLAS RIZZO M.D., verify and confirm this order for the above-named patient, and certify that I have personally performed the assessment of the patient for the prescribed treatment and device and verify that it is reasonably and medically necessary, according to accepted standards of medical practice within the community, for this patient's medical condition.

Signature

Date Signed: <u>08 - /6 - 2</u>024

# Comprehensive Knee Laxity Test (Check All Applicable)

**Objective Tests:** (Check ALL applicable, a minimum of 2 tests is required for each knee with a brace prescribed.)

Caution: Advise Patients to stabilize themselves properly during any standing test to avoid a fall injury.

**Pivot Shift Test** (Stabilization to avoid fall advised for this test. Patient can stabilize themselves by holding onto a chair or kitchen counter.)

Positive: Patient knee gives out while pivoting or twisting indication joint laxity

Negative: Patient knee DOES NOT give out while pivoting or twisting.

LEFT:	Positive
RIGHT:	Positive

### Cabot's Maneuver (figure of "4" knee bend)

Positive: Patient indicates lateral joint line pain, LCL instability and ligament laxity

Negative: Patient knee DOES NOT produce lateral knee pain

(Leave positive and negative both unchecked for the knee if did not perform this test on the knee.)

LEFT:	Positive
RIGHT:	Positive