

## FIRST STEP DME INC,

**RX / MEDICAL NECESSITY FORM****PATIENT INFORMATION****ADAMS**

LAST NAME

**BARBARA**

FIRST NAME

MI

**FEMALE**

GENDER

**09/23/1940**

DATE OF BIRTH

**9857358849**

PHONE NUMBER

**14292 HIGHWAY 1075**

ADDRESS

**BOGALUSA**

CITY

**LA 70427**

STATE &amp; ZIPCODE

**SHIPPING METHOD:**

- ☒ SHIP TO PATIENT'S HOME ADDRESS  
☐ SHIP TO PATIENT'S PHYSICIAN CLINIC

**INSURANCE INFORMATION****MEDICARE**

PRIMARY INSURANCE

**5DP9TP3WR43**

MEMBER ID

SECONDARY INSURANCE

MEMBER ID

**PHYSICIAN INFORMATION****CHARLES BALETTE, MD**

PHYSICIAN NAME

**1851358816**

NPI #

**9858759166**

PHONE NUMBER

**1119 S TYLER ST COVINGTON LA 70433**

PRACTICE LOCATION

**9858759170**

FAX NUMBER

**PRESCRIPTION SELECTION**

- ☐ **L3670** – Shoulder Brace (Side: ☐ L ☐ R) (Size: )  
☐ **L3670** – Shoulder Brace (Side: ☐ L ☐ R) (Size: )  
☐ **L3660** – Shoulder Brace (Side: ☐ L ☐ R) (Size: )  
☐ **L0650** – Lumbar Brace (Waist: )  
☐ **L0642** – Lumbar Brace (Waist: )  
☐ **L0457** – Lumbar Brace (Waist: )  
☐ **L0648** – Lumbar Brace (Waist: )  
☐ **E0100** – Electric Heat Pad  
☐ **L1690** – Hip Brace (Side: ☐ L ☐ R) (Waist: )  
☐ **L1686** – Hip Brace (Side: ☐ L ☐ R) (Waist: )  
☐ **L2624** – Hip Joint Adjustable Flexion, Extension (Side: ☐ L ☐ R)  
☐ **L3760** – Elbow Brace (Side: ☐ L ☐ R)

- ☐ **L3761** – Elbow Brace (Side: ☐ L ☐ R) (Size: )  
☒ **L3916** – Wrist Hand Finger (Side: ☒ L ☒ R) (Size: **MEDIUM**)  
☐ **L3915** – Wrist Hand Finger (Side: ☐ L ☐ R) (Size: )  
☐ **L1852** – Knee Brace (Side: ☐ L ☐ R) (Size: )  
☐ **L1833 / L1851** – Knee Brace (Side: ☐ L ☐ R) (Size: )  
☐ **L2397** – Knee Sleeve (Size: ) (Qty: )  
☐ **E0100** – Cane  
☐ **L2425** – Dial Lock Hinge ROM  
☐ **L2820** – Lower Extremity Ortho  
☒ **L1906** – Ankle Brace (Side: ☒ L ☒ R) (Shoe Size: 7)  
☐ **L1971** – Ankle Brace (Side: ☐ L ☐ R) (Shoe Size: )  
☐ **L0174** – Cervical Brace  
☒ **L3170** – Heel Stabilizer (Side: ☒ L ☒ R)

**MEDICAL INFORMATION****ICD 10 (Diagnosis Code(s)):**

- ☐ M54.50- Low back pain, unspecified  
☐ M17.12- Unilateral primary osteoarthritis left knee  
☐ M17.11- Unilateral primary osteoarthritis right knee  
☐ M25.512- Pain in the left shoulder  
☐ M25.511- Pain in the right shoulder  
☐ M25.552- Pain in Left Hip  
☐ M25.551- Pain in Right Hip

- ☒ M25.532- Pain in left wrist  
☒ M25.531 - Pain in right wrist  
☒ M19.072- Osteoarthritis Left Ankle  
☒ M19.071- Osteoarthritis Right Ankle  
☐ M25.522 Pain in left elbow  
☐ M25.521 Pain in right elbow  
☐ M54.2- Cervicalgia Pain in Neck

**Length of Need:** ☒ 12+ months (long term) ☐ \_\_\_\_\_ # of months (1-11)

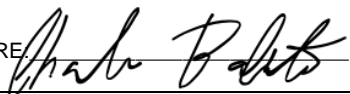
## FIRST STEP DME INC,

**MEDICAL HISTORY****Previous treatments: RESTING AND TAKING TYLENOL**

**Doctor's Notes:** The patient reports chronic **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** pain for **MORE THAN A YEAR**. Patient states pain is **ACHY AND SHARP** 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 SIGNATURE  PHYSICIAN NAME: **CHARLES BALETTE, MD** DATE: **09-12-2024**

Patient Name: **BARBARA ADAMS**  
Patient Address: **14292 HIGHWAY 1075 BOGALUSA LA 70427**  
Patient Phone: **9857358849**

Physician Name: **CHARLES BALETTE, MD**  
Address: 1119 S TYLER ST COVINGTON LA 70433  
Telephone: 9858759166  
Fax: 9858759170

Patient: **BARBARA ADAMS**  
Date of Birth: **09/23/1940**  
Visit Date: **WITHIN 12 MONTHS**  
Reason for visit: **REGULAR CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	BARBARA ADAMS	Date of Birth:	09/23/1940
Age:	83	Phone Number:	9857358849
Address:	14292 HIGHWAY 1075	City:	BOGALUSA
State:	LA	Zip Code:	70427
Gender:	FEMALE	Height:	5'3
Weight:	123	Waist Size	M

Patient Insurance

Provider:	MEDICARE	Member ID:	5DP9TP3WR43
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Medications

Current Medication	TYLENOL AS NEEDED
Medical History	NONE

Medical Diagnosis

The pain level was indicated on a scale of 1-10 as the following: 7
The patient's pain started on or around MORE THAN A YEAR AGO
The surgery addressed the following: NA
The pain is experienced SOMETIMES
The patient has attempted the following previous treatments/therapies: RESTING AND TAKING TYLENOL
The patient described their pain as the following: ACHY AND SHARP
The activities that make the patient's pain worse is as follows: DOING DAILY ACTIVITIES
The pain is located in the patient's LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST
The patient's pain is caused by ARTHRITIS
The last time the patient has seen the doctor was on WITHIN 12 MONTHS

Chief Complaint

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

The patient reports chronic LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST pain for MORE THAN A YEAR. Patient states pain is ACHY AND SHARP 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.
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Objective of Assessment (Review of Symptoms)

Patient has chronic pain for MORE THAN A YEAR located in their LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST related to M19.071- Osteoarthritis Right Ankle, M19.072- Osteoarthritis Left Ankle, M25.532- Pain in left wrist, M25.531- Pain in right wrist. 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 SHARP 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: DOING DAILY ACTIVITIES. Patient needs a LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST Brace to provide support and reduce pain level.

## FIRST STEP DME INC,

**Plan & Treatment Goals**

Based on my evaluation of the patient's condition, I am ordering the following device(s) **L3916 (WRIST HAND ORTHOSIS, INCLUDES ONE OR MORE NONTORSION JOINT(S), ELASTIC BANDS, TURNBUCKLES, MAY INCLUDE SOFT INTERFACE, STRAPS, PREFABRICATED, OFF-THE-SHELF), 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)**

**M19.071- Osteoarthritis Right Ankle, M19.072- Osteoarthritis Left Ankle, M25.532- Pain in left wrist, M25.531- Pain in right wrist**

**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: **CHARLES BALETTE, MD**

Address: **1119 S TYLER ST COVINGTON LA 70433**

Physician's Signature:



Date:

**09-12-2024**

Patient Name: **BARBARA ADAMS**

Patient Address: **14292 HIGHWAY 1075 BOGALUSA LA 70427**

Patient Phone: **9857358849**

FIRST STEP DME INC,

**LETTER OF MEDICAL NECESSITY**

Re: **BARBARA ADAMS**  
Orthotic Device Need Assessment  
Exam Date: **09/12/2024**  
Height: **5'3**  
Weight: **123**  
DOB: **09/23/1940**

**Ms ADAMS** is inquiring about utilizing orthotic bracing for his/her current conditions. His/her chief complaint at the time of this assessment is: **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST**.

**Ms ADAMS** reports chronic **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** pain for **MORE THAN A YEAR**. Patient states pain is **ACHY AND SHARP** with a pain scale of 7 and pain worsens with **DOING DAILY ACTIVITIES**. Pain is experienced **SOMETIMES**. Previous treatments with heat, ice, medication and rest have been unsuccessful to control pain levels.

Diagnosis includes: **M19.071- Osteoarthritis Right Ankle, M19.072- Osteoarthritis Left Ankle, M25.532- Pain in left wrist, M25.531- Pain in right wrist**. Based on my conversation with **Ms ADAMS** and evaluation of his/her condition, I am ordering the following: **L3916 (WRIST HAND ORTHOSIS, INCLUDES ONE OR MORE NONTORSION JOINT(S), ELASTIC BANDS, TURNBUCKLES, MAY INCLUDE SOFT INTERFACE, STRAPS, PREFABRICATED, OFF-THE-SHELF), L1906 ANKLE FOOT ORTHOSIS, MULTILIGAMENTOUS ANKLE SUPPORT, PREFABRICATED, OFF-THE-SHELF INCLUDES L3170 HEEL STABILIZER**.

Patient is ambulatory and has weakness of the **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** requiring stabilization for improvement of functionality. I am prescribing this **WRIST, ANKLE** orthosis for the following indication(s): to aid when the patient is **DOING DAILY ACTIVITIES**, to aid in stabilization of the **WRIST, ANKLE**. My treatment goal(s) for the use of the prescribed **WRIST, 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. **Ms ADAMS** has been provided a phone number to call if there are any additional comments or questions regarding this examination, and I have recommended that **Ms ADAMS** continue medical follow-up as part of an ongoing plan of care.

Re: **BARBARA ADAMS**..... DOB: **September 23, 1940**

I, **CHARLES BALETTE, MD**, 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.

  
**CHARLES BALETTE, MD**  
Signature

Date Signed: 09-12-2024