

FIRST STEP DME INC.

RX / MEDICAL NECESSITY FORM

PATIENT INFORMATION			SHIPPING METHOD: <input checked="" type="checkbox"/> SHIP TO PATIENT'S HOME ADDRESS <input type="checkbox"/> SHIP TO PATIENT'S PHYSICIAN CLINIC
NOLAN _____ LAST NAME	DIANE _____ FIRST NAME	_____ MI	
FEMALE _____ GENDER	09/29/1948 _____ DATE OF BIRTH	8157959847 _____ PHONE NUMBER	
2608 E 21ST RD _____ ADDRESS	MARSEILLES _____ CITY	IL 61341 _____ STATE & ZIPCODE	

INSURANCE INFORMATION	
MEDICARE _____ PRIMARY INSURANCE	_____ SECONDARY INSURANCE
9UV3DH5QR18 _____ MEMBER ID	_____ MEMBER ID

PHYSICIAN INFORMATION	
DANA J HOWD, MD _____ PHYSICIAN NAME	1225083736 _____ NPI #
150 W HIGH ST MORRIS IL 60450 _____ PRACTICE LOCATION	815-942-2932 _____ PHONE NUMBER
	8159420713 _____ FAX NUMBER

PRESCRIPTION SELECTION	
<input type="checkbox"/> L3670 – Shoulder Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input type="checkbox"/> L3960 – Shoulder Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input type="checkbox"/> L3660 – Shoulder Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input type="checkbox"/> L0650 – Lumbar Brace (Waist:) <input type="checkbox"/> L0642 – Lumbar Brace (Waist:) <input type="checkbox"/> L0457 – Lumbar Brace (Waist:) <input type="checkbox"/> L0648 – Lumbar Brace (Waist:) <input type="checkbox"/> E0100 – Electric Heat Pad <input type="checkbox"/> L1690 – Hip Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Waist:) <input type="checkbox"/> L1686 – Hip Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Waist:) <input type="checkbox"/> L2624 – Hip Joint Adjustable Flexion, Extension (Side: <input type="checkbox"/> L <input type="checkbox"/> R) <input type="checkbox"/> L3760 – Elbow Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R)	<input type="checkbox"/> L3761 – Elbow Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input checked="" type="checkbox"/> L3916 – Wrist Hand Finger (Side: <input checked="" type="checkbox"/> L <input checked="" type="checkbox"/> R) (Size: SMALL) <input type="checkbox"/> L3915 - Wrist Hand Finger (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input checked="" type="checkbox"/> L1852 – Knee Brace (Side: <input checked="" type="checkbox"/> L <input checked="" type="checkbox"/> R) (Size: MEDIUM) <input type="checkbox"/> L1851 – Knee Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input type="checkbox"/> L1833 – Knee Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Size:) <input checked="" type="checkbox"/> L2397 – Knee Sleeve (Size: MEDIUM) (Qty: 2) <input type="checkbox"/> E0100 – Cane <input type="checkbox"/> L2425 – Dial Lock Hinge ROM <input type="checkbox"/> L2820 – Lower Extremity Ortho <input type="checkbox"/> L1971 – Ankle Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Shoe Size:) <input type="checkbox"/> L1906 – Ankle Brace (Side: <input type="checkbox"/> L <input type="checkbox"/> R) (Shoe Size:) <input type="checkbox"/> L0174 – Cervical Brace <input type="checkbox"/> L3170 – Heel Stabilizer (Side: <input type="checkbox"/> L <input type="checkbox"/> R)

MEDICAL INFORMATION	
ICD 10 (Diagnosis Code(s)):	
<input type="checkbox"/> M54.50- Low back pain, unspecified <input checked="" type="checkbox"/> M17.12- Unilateral primary osteoarthritis left knee <input checked="" type="checkbox"/> M17.11-Unilateral primary osteoarthritis right knee <input type="checkbox"/> M25.512-Pain in the left shoulder <input type="checkbox"/> M25.511-Pain in the right shoulder <input type="checkbox"/> M25.552- Pain in Left Hip <input type="checkbox"/> M25.551- Pain in Right Hip	<input checked="" type="checkbox"/> M25.532- Pain in left wrist <input checked="" type="checkbox"/> M25.531 - Pain in right wrist <input type="checkbox"/> M19.072- Osteoarthritis Left Ankle <input type="checkbox"/> M19.071- Osteoarthritis Right Ankle <input type="checkbox"/> M25.522 Pain in left elbow <input type="checkbox"/> M25.521 Pain in right elbow <input type="checkbox"/> M54.2-Cervicalgia Pain in Neck
Length of Need: <input checked="" type="checkbox"/> 12+ months (long term) <input type="checkbox"/> _____ # of months (1-11)	

FIRST STEP DME INC.

MEDICAL HISTORY**Previous treatments: TAKING TRAMADOL**

Doctor's Notes: The patient reports chronic **LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST** pain for **2 MONTHS**. Patient states pain is **ACHY** with a pain scale of **7** and pain worsens with movements. Pain is caused by **WEAR AND TEAR** 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: _____

DANA J HOWD, MD

DATE: _____

09/23/24

Patient Name: **DIANE NOLAN**
Patient Address: **2608 E 21ST RD MARSEILLES IL 61341**
Patient Phone: **8157959847**

Physician Name: **DANA J HOWD, MD**
Address: 150 W HIGH ST MORRIS IL 60450
Telephone: 815-942-2932
Fax: 8159420713

Patient: **DIANE NOLAN**
Date of Birth: **09/29/1948**
Visit Date: **WITHIN 12 MONTHS**
Reason for visit: **CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	DIANE NOLAN	Date of Birth:	09/29/1948
Age:	76	Phone Number:	8157959847
Address:	2608 E 21ST RD	City:	MARSEILLES
State:	IL	Zip Code:	61341
Gender:	FEMALE	Height:	5'8
Weight:	155	Waist Size	MEDIUM

Patient Insurance

Provider:	MEDICARE	Member ID:	9UV3DH5QR18
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Medications

Current Medication	TRAMADOL, DIABETES PILL
Medical History	DIABETES

Medical Diagnosis

The pain level was indicated on a scale of 1-10 as the following: 9
The patient's pain started on or around 2 MONTHS
The surgery addressed the following: NA
The pain is experienced SOMETIMES
The patient has attempted the following previous treatments/therapies: TAKING TRAMADOL
The patient described their pain as the following: ACHY
The activities that make the patient's pain worse is as follows: DOING DAILY ACTIVITIES
The pain is located in the patient's LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST
The patient's pain is caused by WEAR AND TEAR
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 KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST

Subjective Notes

The patient reports chronic LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST pain for 2 MONTHS . Patient states pain is ACHY with a pain scale of 9 and pain worsens with movement. The pain is caused by WEAR AND TEAR 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 2 MONTHS located in their LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST related to M17.11- Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee, 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 occurs SOMETIMES . The patient rated their pain on a scale of 1-10 (10 being the worst) on a level 9 . The following activities make the patient's pain worse: DOING DAILY ACTIVITIES . Patient needs a LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST Brace to provide support and reduce pain level.

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Plan & Treatment Goals

Based on my evaluation of the patient's condition, I am ordering the following device(s) **L1852 KNEE BRACE - KNEE ORTHOSIS (KO), DOUBLE 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 SUSPENSION SLEEVE, L3916 (WRIST HAND ORTHOSIS, INCLUDES ONE OR MORE NONTORSION JOINT(S), ELASTIC BANDS, TURNBUCKLES, MAY INCLUDE SOFT INTERFACE, STRAPS, PREFABRICATED, OFF-THE-SHELF)**, 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, 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: **DANA J HOWD, MD**

Address: **150 W HIGH ST MORRIS IL 60450**

Physician's Signature:



Date:

09/23/24

Patient Name: **DIANE NOLAN**

Patient Address: **2608 E 21ST RD MARSEILLES IL 61341**

Patient Phone: **8157959847**

FIRST STEP DME INC.

LETTER OF MEDICAL NECESSITY

Re: **DIANE NOLAN**
Orthotic Device Need Assessment
Exam Date: **09/23/2024**
Height: **5'8**
Weight: **155**
DOB: **09/29/1948**

Ms NOLAN 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 WRIST AND RIGHT WRIST**.

Ms NOLAN reports chronic **LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST** pain for **2 MONTHS**. Patient states pain is **ACHY** with a pain scale of 9 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.

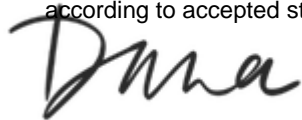
Diagnosis includes: **M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee, M25.532- Pain in left wrist, M25.531- Pain in right wrist**. Based on my conversation with **Ms NOLAN** and evaluation of his/her condition, I am ordering the following: **L1852 KNEE BRACE - KNEE ORTHOSIS (KO), DOUBLE 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 SUSPENSION SLEEVE, L3916 (WRIST HAND ORTHOSIS, INCLUDES ONE OR MORE NONTORSION JOINT(S), ELASTIC BANDS, TURNBUCKLES, MAY INCLUDE SOFT INTERFACE, STRAPS, PREFABRICATED, OFF-THE-SHELF).**

Patient is ambulatory and has weakness of the **LEFT KNEE, RIGHT KNEE LEFT WRIST AND RIGHT WRIST** requiring stabilization for improvement of functionality. I am prescribing this **KNEE AND WRIST** orthosis for the following indication(s): to aid when the patient is **DOING DAILY ACTIVITIES**, to aid in stabilization of the **KNEE AND WRIST**. My treatment goal(s) for the use of the prescribed **KNEE AND WRIST** 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 NOLAN** 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 NOLAN** continue medical follow-up as part of an ongoing plan of care.

Re: **DIANE NOLAN..... DOB: SEPTEMBER 29, 1948**

I, **DANA J HOWD, 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.



DANA J HOWD, MD
Signature

Date Signed: **09/23/24**

FIRST STEP DME INC.

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