

FIRST STEP DME INC.

RX / MEDICAL NECESSITY FORM

PATIENT INFORMATION

ASHER	DEBBIE	
LAST NAME	FIRST NAME	MI
FEMALE	12/05/57	3172245906
GENDER	DATE OF BIRTH	PHONE NUMBER
1010 S SHEFFIELD AVE	INDIANAPOLIS	IN 46221
ADDRESS	CITY	STATE & ZIPCODE

SHIPPING METHOD:

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

INSURANCE INFORMATION

MEDICARE	
PRIMARY INSURANCE	SECONDARY INSURANCE
1U39DF0QH18	
MEMBER ID	MEMBER ID

PHYSICIAN INFORMATION

GARETH GILKEY, MD	1326090325
PHYSICIAN NAME	NPI #
	3178807000
	PHONE NUMBER
720 ESKENAZI AVE FL 2 INDIANAPOLIS IN 46202	3178800526
PRACTICE LOCATION	FAX NUMBER

PRESCRIPTION SELECTION

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

ICD 10 (Diagnosis Code(s)):	
<input checked="" type="checkbox"/> M54.50- Low back pain, unspecified	<input type="checkbox"/> M25.532- Pain in left wrist
<input checked="" type="checkbox"/> M17.12- Unilateral primary osteoarthritis left knee	<input type="checkbox"/> M25.531 - Pain in right wrist
<input checked="" type="checkbox"/> M17.11- Unilateral primary osteoarthritis right knee	<input type="checkbox"/> M19.072- Osteoarthritis Left Ankle
<input type="checkbox"/> M25.512- Pain in the left shoulder	<input type="checkbox"/> M19.071- Osteoarthritis Right Ankle
<input type="checkbox"/> M25.511- Pain in the right shoulder	<input type="checkbox"/> M25.522 Pain in left elbow
<input type="checkbox"/> M25.552- Pain in Left Hip	<input type="checkbox"/> M25.521 Pain in right elbow
<input type="checkbox"/> M25.551- Pain in Right Hip	<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)	

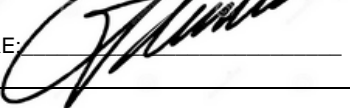
MEDICAL HISTORY

Previous treatments: RESTING

Doctor's Notes: The patient reports chronic **LOWER BACK, LEFT KNEE, RIGHT KNEE** pain for **over a year**. Patient states pain is **THROBBING** with a pain scale of **9** 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: GARETH GILKEY, MD

DATE: 09-28-24

Patient Name: **DEBBIE ASHER**
Patient Address: **1010 S SHEFFIELD AVE INDIANAPOLIS IN 46221**
Patient Phone: **3172245906**

Physician Name: **GARETH GILKEY, MD**
Address: **720 ESKENAZI AVE FL 2 INDIANAPOLIS IN 46202**
Telephone: **3178807000**
Fax: **3178800526**

Patient: **DEBBIE ASHER**
Date of Birth: **12/05/57**
Visit Date: **4 MONTHS AGO**
Reason for visit: **REGULAR CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	DEBBIE ASHER	Date of Birth:	12/05/57
Age:	66	Phone Number:	3172245906
Address:	1010 S SHEFFIELD AVE	City:	INDIANAPOLIS
State:	IN	Zip Code:	46221
Gender:	FEMALE	Height:	5'1
Weight:	160	Waist Size	LARGE

Patient Insurance

Provider:	MEDICARE	Member ID:	1U39DF0QH18
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Medications

Current Medication	INSULIN AND NORCO
Medical History	DIABETES AND HIGH BLOOD PRESSURE

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 over a year AGO
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: THROBBING
The activities that make the patient's pain worse is as follows: DOING DAILY ACTIVITIES
The pain is located in the patient's LOWER BACK, LEFT KNEE, RIGHT KNEE
The patient's pain is caused by WEAR AND TEAR
The last time the patient has seen the doctor was on 4 MONTHS AGO

Chief Complaint

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

The patient reports chronic LOWER BACK, LEFT KNEE, RIGHT KNEE pain for over a year . Patient states pain is THROBBING 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.
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Objective of Assessment (Review of Symptoms)

Patient has chronic pain for over a year located in their LOWER BACK, LEFT KNEE, RIGHT KNEE related to M54.50- Low back pain, unspecified, M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee . Patient has been to a physical therapist and hasn't had previous surgery to treat this pain.
Patient's chronic pain is described THROBBING 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 LOWER BACK, LEFT KNEE, RIGHT KNEE 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) **L0457 - TLSO, FLEXIBLE, PROVIDES TRUNK SUPPORT, THORACIC REGION, RIGID POSTERIOR PANEL AND SOFT ANTERIOR APRON, EXTENDS FROM THE SACROCOCCYGEAL JUNCTION AND TERMINATES JUST INFERIOR TO THE SCAPULAR SPINE, RESTRICTS GROSS TRUNK MOTION IN THE SAGITTAL PLANE, PRODUCES INTRACAVITARY PRESSURE TO REDUCE LOAD ON THE INTERVERTEBRAL DISKS, INCLUDES STRAPS AND CLOSURES, PREFABRICATED, OFF-THE-SHELF, 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**, 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)

M54.50- Low back pain, unspecified, M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee


Agreements

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

Physician Information

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Provider Name: **GARETH GILKEY, MD**

Address: **720 ESKENAZI AVE FL 2 INDIANAPOLIS IN 46202**

Physician's Signature: 

Date: **09-28-24**

Patient Name: **DEBBIE ASHER**
Patient Address: **1010 S SHEFFIELD AVE INDIANAPOLIS IN 46221**
Patient Phone: **3172245906**

FIRST STEP DME INC.

LETTER OF MEDICAL NECESSITY

Re: **DEBBIE ASHER**
Orthotic Device Need Assessment
Exam Date: **09/27/2024**
Height: **5'1**
Weight: **160**
DOB: **12/05/57**

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

Ms ASHER reports chronic **LOWER BACK, LEFT KNEE, RIGHT KNEE** pain for **over a year**. Patient states pain is **THROBBING** 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: **M54.50- Low back pain, unspecified, M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee**. Based on my conversation with **Ms ASHER** and evaluation of his/her condition, I am ordering the following: **L0457 - TLSO, FLEXIBLE, PROVIDES TRUNK SUPPORT, THORACIC REGION, RIGID POSTERIOR PANEL AND SOFT ANTERIOR APRON, EXTENDS FROM THE SACROCOCCYGEAL JUNCTION AND TERMINATES JUST INFERIOR TO THE SCAPULAR SPINE, RESTRICTS GROSS TRUNK MOTION IN THE SAGITTAL PLANE, PRODUCES INTRACAVITARY PRESSURE TO REDUCE LOAD ON THE INTERVERTEBRAL DISKS, INCLUDES STRAPS AND CLOSURES, PREFABRICATED, OFF-THE-SHELF, 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**.

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

Re: **DEBBIE ASHER**..... DOB: **December 05, 1957**

I, **GARETH GILKEY, 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.


GARETH GILKEY, MD
Signature

Date Signed: 09-28-24

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