FIRST STEP DME INC.

RX / MEDICAL NECESSITY FORM

PATIENT INFORMATION

TULLO LAST NAME	**ANKA** FIRST NAME	MI
FEMALE GENDER	**10/11/1948** DATE OF BIRTH	**2013190690** PHONE NUMBER
5204 MEADOWVIEW AVE APT 1 ADDRESS	**NORTH BERGEN** CITY	**NJ 07047** STATE & ZIPCODE

SHIPPING METHOD:

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

INSURANCE INFORMATION

MEDICARE PRIMARY INSURANCE	SECONDARY INSURANCE
9JQ2NX1RV87 MEMBER ID	MEMBER ID

PHYSICIAN INFORMATION

KAMALESH SHAH, MD PHYSICIAN NAME	**1891780912** NPI #
	2014532800 PHONE NUMBER
9225 JOKENNEDY BLVD NORTH BERGEN NJ 07047 PRACTICE LOCATION	**2014530182** 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: **8**)
- ☐ **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: EXERCISE

Doctor's Notes: The patient reports chronic **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** pain for **SEVERAL YEARS**. Patient states pain is **SHARP** with a pain scale of **8** 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: **KAMALESH SHAH, MD** DATE: 10/14/2024

FIRST STEP DME INC.

Patient Name: **ANKA TULLO**
Patient Address: **5204 MEADOWVIEW AVE APT 1 NORTH BERGEN NJ 07047**
Patient Phone: **2013190690**

Physician Name: **KAMALESH SHAH, MD**
Address: 9225 JOKENNEDY BLVD NORTH BERGEN NJ 07047
Telephone: 2014532800
Fax: 2014530182

Patient: **ANKA TULLO**
Date of Birth: **10/11/1948**
Visit Date: **July 29, 2024**
Reason for visit: **REGULAR CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	**ANKA TULLO**	Date of Birth:	**10/11/1948**
Age:	**75**	Phone Number:	**2013190690**
Address:	**5204 MEADOWVIEW AVE APT 1**	City:	**NORTH BERGEN**
State:	**NJ**	Zip Code:	**07047**
Gender:	**FEMALE**	Height:	**5'5**
Weight:	**170**	Waist Size	**MEDIUM**

Patient Insurance

Provider:	**MEDICARE**	Member ID:	**9JQ2NX1RV87**

Medications

Current Medication	**HIGH CHOLESTEROL PILL**
Medical History	**HIGH CHOLESTEROL**

Medical Diagnosis

The pain level was indicated on a scale of 1-10 as the following: **8**
The patient's pain started on or around **SEVERAL YEARS AGO**
The surgery addressed the following: **NA**
The pain is experienced **SOMETIMES**
The patient has attempted the following previous treatments/therapies: **EXERCISE**
The patient described their pain as the following: **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 **WEAR AND TEAR**
The last time the patient has seen the doctor was on **July 29, 2024**

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**

Subjective Notes

The patient reports chronic **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** pain for **SEVERAL YEARS.** Patient states pain is **SHARP** with a pain scale of **8** 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 **SEVERAL YEARS** 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 **SHARP** and occurs **SOMETIMES**. The patient rated their pain on a scale of 1-10 (10 being the worst) on a level **8**. 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.

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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: **KAMALESH SHAH, MD**

Address: **9225 JOKENNEDY BLVD NORTH BERGEN NJ 07047**

Physician's Signature: 

Date: 10/14/2024

Patient Name: **ANKA TULLO**
Patient Address: **5204 MEADOWVIEW AVE APT 1 NORTH BERGEN NJ 07047**
Patient Phone: **2013190690**

FIRST STEP DME INC.

LETTER OF MEDICAL NECESSITY

Re: **ANKA TULLO**
Orthotic Device Need Assessment
Exam Date: **10/11/2024**
Height: **5'5**
Weight: **170**
DOB: **10/11/1948**

Ms TULLO 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 TULLO reports chronic **LEFT ANKLE, RIGHT ANKLE, LEFT WRIST, RIGHT WRIST** pain for **SEVERAL YEARS**. Patient states pain is **SHARP** with a pain scale of 8 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 TULLO** 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 TULLO** 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 TULLO** continue medical follow-up as part of an ongoing plan of care.

Re: ANKA TULLO..... DOB: OCTOBER 11, 1948
I, **KAMALESH SHAH, 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.

KAMALESH SHAH, MD ***Date Signed***: 10/14/2024
Signature