

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

LAST NAME

DONNA

FIRST NAME

MI

FEMALE

GENDER

12/28/1960

DATE OF BIRTH

6083466187

PHONE NUMBER

409 CORNELIA ST

ADDRESS

JANESVILLE

CITY

WI 53545

STATE & ZIPCODE

SHIPPING METHOD:

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

INSURANCE INFORMATION**MEDICARE**

PRIMARY INSURANCE

9DH0YA5DT48

MEMBER ID

SECONDARY INSURANCE

MEMBER ID

PHYSICIAN INFORMATION**NADIA CHURCHILL-GILSTRAP MD**

PHYSICIAN NAME

1790301356

NPI #

6088843354

PHONE NUMBER

11051 N SHERMAN RD EDGERTON WI 53534

PRACTICE LOCATION

6088845022

FAX NUMBER

PRESCRIPTION SELECTION

- ☐ **L3670** – Shoulder Brace (Side: ☐ L ☐ R) (Size:)
☐ **L3960** – 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: **2 XL**)
☐ **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:)
☐ **L3915** – Wrist Hand Finger (Side: ☐ L ☐ R) (Size:)
☐ **L1852** – Knee Brace (Side: ☐ L ☐ R) (Size:)
☐ **L1851** – Knee Brace (Side: ☐ L ☐ R) (Size:)
☐ **L1833** – Knee Brace (Side: ☐ L ☐ R) (Size:)
☐ **L2397** – Knee Sleeve (Size:) (Qty:)
☐ **E0100** – Cane
☐ **L2425** – Dial Lock Hinge ROM
☐ **L2820** – Lower Extremity Ortho
☐ **L1906 / 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)

MEDICAL HISTORY

Previous treatments: **DOING EXERCISE**

Doctor's Notes: The patient reports chronic **LOWER BACK** pain for **10 YEARS**. Patient states pain is **SHARP** with a pain scale of **8** and pain worsens with movements. Pain is caused by **ARTHRITIS** and is experienced **CONSTANTLY**. 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.

NADIA CHURCHILL-GILSTRAP MD

PHYSICIAN SIGNATURE: _____ PHYSICIAN NAME: _____ DATE: _____

FIRST STEP DME INC.

Patient Name: **DONNA KNUTSON**
Patient Address: **409 CORNELIA ST JANESVILLE WI 53545**
Patient Phone: **6083466187**

Physician Name: **NADIA CHURCHILL-GILSTRAP MD**
Address: 11051 N SHERMAN RD EDGERTON WI 53534
Telephone: 6088843354
Fax: 6088845022

Patient: **DONNA KNUTSON**
Date of Birth: **12/28/1960**
Visit Date: **03/14/2024**
Reason for visit: **REGULAR CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	DONNA KNUTSON	Date of Birth:	12/28/1960
Age:	63	Phone Number:	6083466187
Address:	409 CORNELIA ST	City:	JANESVILLE
State:	WI	Zip Code:	53545
Gender:	FEMALE	Height:	5'3
Weight:	200	Waist Size	XXL

Patient Insurance

Provider:	MEDICARE	Member ID:	9DH0YA5DT48
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Medications

Current Medication	METOPROLOL TWICE A DAY, METFORMIN TWICE A DAY, LOSARTAN ONCE A DAY, ROSUVASTATIN ONCE A DAY, CLOPIDOGREL ONCE A DAY
Medical History	HIGH BLOOD PRESSURE AND DIABETES

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 10 YEARS AGO
The surgery addressed the following: NA
The pain is experienced CONSTANTLY
The patient has attempted the following previous treatments/therapies: DOING EXERCISE
The patient described their pain as the following: SHARP
The activities that make the patient's pain worse is as follows: BENDING AND WALKING
The pain is located in the patient's LOWER BACK
The patient's pain is caused by ARTHRITIS
The last time the patient has seen the doctor was on 03/14/2024

Chief Complaint

The patient's main complaint is that they experience chronic pain located in the following location(s): LOWER BACK

Subjective Notes

The patient reports chronic LOWER BACK pain for 10 YEARS . Patient states pain is SHARP with a pain scale of 8 and pain worsens with movement. The pain is caused by ARTHRITIS and is experienced CONSTANTLY . 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 10 YEARS located in their LOWER BACK related to M54.50- Low back pain, unspecified . 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 CONSTANTLY . 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: BENDING AND WALKING . Patient needs a LOWER BACK 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) **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**, 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

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: **NADIA CHURCHILL-GILSTRAP MD**

Address: **11051 N SHERMAN RD EDGERTON WI 53534**

Physician's Signature:

Date:

Patient Name: **DONNA KNUTSON**
 Patient Address: **409 CORNELIA ST JANESVILLE WI 53545**
 Patient Phone: **6083466187**

LETTER OF MEDICAL NECESSITY

Re: **DONNA KNUTSON**
Orthotic Device Need Assessment
Exam Date: **07/10/2024**
Height: **5'3**
Weight: **200**
DOB: **12/28/1960**

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

Ms KNUTSON reports chronic **LOWER BACK** pain for **10 YEARS**. Patient states pain is **SHARP** with a pain scale of 8 and pain worsens with **BENDING AND WALKING**. Pain is experienced **CONSTANTLY**. Previous treatments with heat, ice, medication and rest have been unsuccessful to control pain levels.

Diagnosis includes: **M54.50- Low back pain, unspecified**. Based on my conversation with **Ms KNUTSON** 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** requiring stabilization for improvement of functionality. I am prescribing this **BACK** orthosis for the following indication(s): to aid when the patient is **BENDING AND WALKING**, to aid in stabilization of the **BACK**. My treatment goal(s) for the use of the prescribed **BACK** 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 KNUTSON** 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 KNUTSON** continue medical follow-up as part of an ongoing plan of care.

Re: **DONNA KNUTSON**..... DOB: **December 28, 1960**

I, **NADIA CHURCHILL-GILSTRAP 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.

NADIA CHURCHILL-GILSTRAP MD
Signature

Date Signed: _____