FIRST STEP DME INC.

RX / MEDICAL NECESSITY FORM

PATIENT INFORMATION

LAST NAME	FIRST NAME	MI
FREUND	**HELEN**	

GENDER	DATE OF BIRTH	PHONE NUMBER
FEMALE	**01/26/1940**	**8153855145**

ADDRESS	CITY	STATE & ZIPCODE
4421 PONCA ST	**MCHENRY**	**IL 60050**

SHIPPING METHOD:

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

INSURANCE INFORMATION

PRIMARY INSURANCE	SECONDARY INSURANCE
MEDICARE	
MEMBER ID	**MEMBER ID**
6Q48GG2TD25	

PHYSICIAN INFORMATION

PHYSICIAN NAME	NPI #
SYED ZAHIR, MD	**1538156732**
	PHONE NUMBER 8153630066
PRACTICE LOCATION 360 STATION DR STE 201 CRYSTAL LAKE IL 60014	**FAX NUMBER** 8154596383

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: **38.5**)
- ☐ **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:)
- ☐ **L1851 –** Knee Brace (Side: ☐ L ☐ R) (Size:)
- ☒ **L1852** – Knee Brace (Side: ☒ L ☒ R) (Size: **MEDIUM**)
- ☐ **L1833** – Knee Brace (Side: ☐ L ☐ R) (Size:)
- ☒ **L2397** – Knee Sleeve (Size: **MEDIUM**) (Qty: **2**)
- ☐ **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: HEATING PAD

Doctor's Notes: The patient reports chronic **LOWER BACK, LEFT KNEE, RIGHT KNEE** pain for **2 YEARS**. 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 **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.

SYED ZAHIR, MD

PHYSICIAN SIGNATURE:_____ PHYSICIAN NAME: _____ DATE:_____

FIRST STEP DME INC.

Patient Name: **HELEN FREUND**
Patient Address: **4421 PONCA ST MCHENRY IL 60050**
Patient Phone: **8153855145**

Physician Name: **SYED ZAHIR, MD**
Address: 360 STATION DR STE 201 CRYSTAL LAKE IL 60014
Telephone: 8153630066
Fax: 8154596383

Patient: **HELEN FREUND**
Date of Birth: **01/26/1940**
Visit Date: **01/30/2024**
Reason for visit: **REGULAR CHECK-UP**

Clinical Summary

Patient Demographics

Patient Name:	**HELEN FREUND**	Date of Birth:	**01/26/1940**
Age:	**84**	Phone Number:	**8153855145**
Address:	**4421 PONCA ST**	City:	**MCHENRY**
State:	**IL**	Zip Code:	**60050**
Gender:	**FEMALE**	Height:	**5'8**
Weight:	**175**	Waist Size	**38.5**

Patient Insurance

Provider:	**MEDICARE**	Member ID:	**6Q48GG2TD25**

Medications

Current Medication	**TYLENOL (AS NEEDED), CARVEDILOL (25MG - 2X A DAY), HYDROCHLOROTHIAZIDE (25MG - ONCE A DAY)**
Medical History	**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 **2 YEARS AGO**
The surgery addressed the following: **NA**
The pain is experienced **CONSTANTLY**
The patient has attempted the following previous treatments/therapies: **HEATING PAD**
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 **01/30/2024**

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**

Subjective Notes

The patient reports chronic **LOWER BACK, LEFT KNEE, RIGHT KNEE** pain for **2 YEARS.** 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 **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 **2 YEARS** 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 **CONSTANTLY**. 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.

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 ORTHOSIS (KO), SINGLE 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 (ADDITION TO LOWER EXTREMITY ORTHOSIS, 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

Provider Name: **SYED ZAHIR, MD**

Address: **360 STATION DR STE 201 CRYSTAL LAKE IL 60014**

Physician's Signature:

Date:

Patient Name: **HELEN FREUND**
Patient Address: **4421 PONCA ST MCHENRY IL 60050**
Patient Phone: **8153855145**

LETTER OF MEDICAL NECESSITY

Re: **HELEN FREUND**
Orthotic Device Need Assessment
Exam Date: **04/25/2024**
Height: **5'8**
Weight: **175**
DOB: **01/26/1940**

Ms FREUND 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 FREUND reports chronic **LOWER BACK, LEFT KNEE, RIGHT KNEE** pain for **2 YEARS**. Patient states pain is **THROBBING** with a pain scale of 9 and pain worsens with **DOING DAILY ACTIVITIES**. 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, M17.11-Unilateral primary osteoarthritis right knee, M17.12- Unilateral primary osteoarthritis left knee**. Based on my conversation with **Ms FREUND** 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 ORTHOSIS (KO), SINGLE 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 (ADDITION TO LOWER EXTREMITY ORTHOSIS, 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 **WALKING, STANDING, BENDING**, 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 FREUND** 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 FREUND** continue medical follow-up as part of an ongoing plan of care.

Re: HELEN FREUND..... DOB: JANUARY 26, 1940
I, **DR. SYED ZAHIR, 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.

DR. SYED ZAHIR, MD ***Date Signed***: _____
Signature

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