

## Letter of Medical Necessity #2

Date:

Harry Smith

Diagnosis:

Height: ICD-9 Code:

This prescription prepared by: Length of Need:

To Whom It May Concern:

**History:** Harry is a 3-year-old male with the diagnosis of cerebral palsy. He is non-ambulatory and is dependent upon his parents for his mobility. He has decreased trunk strength. Without trunk support, he is unable to properly move his upper extremities. With good trunk support, Harry has fair head control.

Harry currently has functional passive motion in his lower extremities. However, given his diagnosis, he is at increased risk of developing contractures. Standing has been shown to delay the appearance of contractures (1). Because he lacks the strength to stand, the standing frame will help to keep him in a good position to stretch these muscles for extended periods. This stretch will maintain and improve his lower extremity range of motion.

Harry has increased spasticity throughout his lower extremities. Standing has been shown to decrease spasticity in children with cerebral palsy (2). Decreasing his spasticity will assist in maintaining range of motion and improving his overall level of function.

Children without disabilities stand between 8-10 months of age. This standing helps with the forming of the acetabulum (3). It is very important in children with disabilities to get them standing at a young age. Because of Harry's diagnosis, he is already at increased risk of developing hip subluxation as he grows. Standing will increase the depth of his acetabulum and decrease his risk of subluxation.

Harry will benefit from a standing frame that can position him properly in standing. Standing also facilitates better emptying of his bladder, which can decrease his risk of developing urinary tract infections (4).

Harry is at increased risk of developing osteoporosis due his inability to stand independently (5, 6). This standing frame will allow Harry to bear weight through his lower extremities. Because it is easy to move the frame from a seated to a standing position, his parents will be able to change his position frequently. Consequently, he will get dynamic loading of his bones rather than just static loading. Research has shown that more dynamic weight bearing results in less of a loss in bone mineral density (7). This will provide him with the maximal benefits from standing.

The other benefits of standing are well established. In addition maintaining his lower extremity range of motion, which is important for him, a standing frame has many benefits. Standing has been shown to improve circulatory, gastrointestinal, bowel and bladder, and respiratory functions (3,4).

Harry has normal sensation in his buttocks but, due to his decreased active lower extremity motion, he cannot move himself independently to shift his weight. This puts him at an increased risk of developing decubitus ulcers (4). People who stand for at least 30 minutes a day have less pressure sores than those who do not stand (8).

The use of a stander will benefit Harry psychologically. It will increase his self-esteem by allowing him to have eye to eye conversations with his peers. This decreases his risk of developing depression as he gets older and his peers grow taller, making the height difference even greater.

### **Current Program:**

At this time, Harry has a loaner standing frame at home. He does not have any type of wheelchair or positioning chair. His mother transfers him independently at home and needs a standing frame that can be easily operated by only one person. His mother has tried the recommended stander and she is able to use it successfully.

Harry is currently at the smallest height for using this stander. Consequently, it has good growth potential and he will be able to use it for a maximal amount of time. Additionally, the recommended equipment positions Harry well in both sitting and in standing.

Harry will be in his stander daily. With increased tolerance of weight bearing and lower extremity extension, one goal is for him to be able to assist with stand pivot transfers. As stated above, the many benefits from using a stander include improved bone mineral density, maintenance of lower extremity range of motion, improved bowel and bladder function, and decreased risk of developing decubitus ulcers. Additionally, because of the good trunk support, he will use it while he works on different reaching activities, such as turning pages in books, playing with toys, and working with a communication device as appropriate. (*continued*)

After a full examination by the rehabilitation team and Harry's family, the following equipment is deemed medically necessary:

**1. EasyStand Comfy Seat Magician with:**

- A. Headrest:** This is necessary to properly support his head given his decreased head control. Without this, if his head goes backward, he will be unable to return it to an upright position.
- B. Secure Foot Option:** Given his spasticity, this option is necessary to keep his feet positioned properly. This will ensure equal weight bearing.

The benefits of standing are well established. In addition to improving his lower extremity range of motion, a standing frame has many benefits. Standing can improve circulatory, gastrointestinal, bowel and bladder, and respiratory functions. It can assist with normal skeletal development, increase strength, and decrease spasticity. Additionally, it can increase his peer interactions because he will be at a normal height as opposed to sitting on the floor or in a chair.

If you desire any further information on the benefits of standing, we would be glad to provide it to you.

Thank you for your assistance in maximizing the client's function.

Sincerely,

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Jane Doe, M.D.

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John Doe, MPT, ATP

## References

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