

The Rifton Stander

A Sample Letter of Medical Necessity

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Components of a Letter of Medical Necessity

Briefly introduce who you are, what you want, and beneficiary's name:

As Jane Doe's physical therapist, I am requesting funding authorization for a Size 2 Rifton Stander in the multi-position configuration.

Establish your credentials, experience in the field, and relationship to beneficiary:

I have worked in the school system as a physical therapist since (date) providing services including the recommendation and fitting of adaptive equipment for children and young adults with disabilities. Since I am also a certified Assistive Technology Professional, I provide staff seminars on utilizing assistive technology in the school setting. I have been Jane's physical therapist for the last two years seeing her on a bi-weekly basis.

Explain beneficiary's condition, including diagnosis, physical presentation and functional characteristics:

Jane is eight years old with a diagnosis of quadriplegic cerebral palsy, hydrocephalus and epilepsy. She has spasticity of the upper and lower extremities and poor trunk control. Jane has scoliosis and significant hip and knee flexion contractures on the right and adductor contractures in both hips. She recently underwent complex left hip surgery which improved her hip alignment, but also resulted in a leg-length discrepancy.

Jane has a history of osteopenia and requires a gastrostomy for feeding to maintain adequate nutritional intake. She has moderate cognitive deficits and is non-verbal with impaired vision. As she has emerging head control and some use of her right upper extremity, she is learning to use a communication device to indicate her needs.

[Describe ability to sit, stand, and walk including amount of assistance needed for each activity.] For example:

Jane cannot walk, but has the ability to bear some weight when supported in an upright position with maximum assistance from two caregivers. Because of her epilepsy, a Hoyer Lift is frequently used for safe transfers. Jane otherwise spends most of the day in her custom power wheelchair.

Describe beneficiary's current functional level noting their limitations without the appropriate adaptive equipment:

To date we have not been successful in our attempts to provide upright, weight-bearing opportunities for Jane. Her hip and knee contractures, leg length discrepancy and recent hip surgery make weight-bearing challenging. Without an appropriate standing aide, Jane requires two caregivers to her assist her in this task. However she fatigues quickly and her caregivers are worried about the safety of all parties especially as Jane has occasional seizures. The inability to be upright and weight-bearing has impacted Jane therapeutically and medically.

Prolonged positioning in a wheelchair without the opportunity for weight-bearing predisposes Jane to osteoporosis, contractures at the hips and knees and subsequent hip displacement requiring corrective surgeries and increased therapy services. Especially after Jane recently underwent complex hip surgery, continued opportunities for weight-bearing are important to maximize and maintain her hip alignment, range of motion and bone health. Without the opportunity to be supported in the standing position, Jane will progressively lose her remaining functional abilities with a high likelihood of requiring additional alignment surgeries and more complex medical intervention. This places an added burden on her caregivers as well as financial implications for the healthcare system.

As Jane is eight years old, being upright at eye-level with her peers, family, and friends is crucial to her social development, interaction and participation in her school routine.

Because of Jane's age, anticipated growth and positioning requirements, it is determined that Jane will benefit from a Size 2 Rifton Stander in the multi-position configuration.

State the type of equipment and components being requested:

I am requesting a Size 2 Rifton Stander in the multi-position configuration for Jane with the following features and accessories:

Multi-position configuration

- Head laterals
- Trunk laterals
- Trunk strap – rotation control
- Hip strap – rotation control
- Pelvic support
- Split knee support
- Prone knee cuffs
- Advanced legs
- Tray
- Medial/lateral thigh supports

Describe equipment and why the device is medically necessary. Show how the requested equipment will result in an increase of function and other physical benefits:

The Rifton Stander in the multi-position configuration is medically necessary for Jane because it provides the positioning features needed to adequately support Jane in the upright, weight-bearing position for physical and participatory benefits. The ability to bear weight is important for Jane to improve her bone mineral density and reduce the risk of fractures. This particular stander provides accommodation for Jane's leg length discrepancy so she can maximally bear weight with both legs. The sandals of the stander adjust in all planes of the foot for even greater foot contact and accommodation for optimal weight-bearing. Standing also provides Jane with an important change of position out of her wheelchair to work on postural control and lessen the occurrence of decubiti.

The simple hip and knee angle adjustments of the advanced legs of this stander offer comfortable positioning for Jane's hip and knee contractures. These angles can also be easily adjusted over time to slowly increase Jane's range of motion as a step towards more functional weight-bearing and transfers.

Additionally, Jane is at risk for hip displacement and already has had one surgery to stabilize her left hip. Consistent standing in abduction can improve hip alignment and bony congruity to reduce the risk of further hip dislocation. With up to 30 degrees of hip abduction available for each side, the Rifton Stander provides Jane optimal positioning for hip development and alignment as she grows.

Jane has trunk weakness, poor head control, and scoliosis and needs opportunities to stand in the prone position as well as the supine position. In the prone position Jane can work on her head and right arm control for improving her communication skills and self-feeding skills. The Rifton Stander can be switched tool-free between both prone and supine configurations so when Jane fatigues in the prone position, she can continue her weight-bearing and participatory activities in good postural alignment in the supine position. Further medical and therapeutic benefits of standing in good alignment include increased chest expansion to resist respiratory infections, facilitation of digestion and improved circulation and increased physical activity.

Jane will use the trunk and hip rotation control straps and upper trunk laterals for optimal positioning and accommodation of her postural tendencies. Jane also requires the medial thigh supports for effective leg separation and abduction. Because of the significant contractures of her right hip and knee coupled with moments of spasticity, Jane will require the split knee support in the supine position to maintain good alignment in the stander.

The tilt-angle adjustment of the Rifton Stander also allows caregivers to move Jane out of an upright position quickly should she experience a seizure.

At eight years old, Jane is on the verge of growth and requires a stander which can meet these future adjustments. The Rifton Stander accommodates growth through adjustments in the lower leg length, thigh length, and trunk support length. Additionally, as Jane continues to grow, the ease of transfer into the Rifton Stander in both the prone and supine positions is important for the safety of Jane and her caregivers.

It is for the above reasons that it was decided that the Rifton Stander in the multi-position configuration was the only device capable of meeting the positioning, safety and weight-bearing requirements necessary for Jane to be successfully supported in the upright position.

Describe previous equipment trials:

[What equipment has Jane trialed to meet standing needs? How does the requested equipment compare? Has Jane had the opportunity to trial the requested equipment in school/home and to what effect?]

Can include itemization of the Rifton Stander here (see addendum below).

Summarize cost benefits. Explain that the recommended device is the least costly alternative:

In considering the healthcare trajectory of children with multiple disabilities, providing a Rifton Stander for Jane to maintain and improve her function and health as she grows older and bigger is the least costly alternative.

Studies show that individuals with neurodevelopmental disabilities have double the healthcare costs compared to their peers. However, these costs may be ameliorated by prolonging function and health through optimal positioning and increased opportunity for physical activity especially for those who are non-ambulatory. Jane's inability to independently bear weight or walk impacts her physical growth and alignment, and to date she has had three complex procedures and surgeries to address these musculoskeletal issues. However, when supported in an adaptive stander, Jane has the capability to stand and bear weight for up to sixty minutes a day to meet the dosing criteria for improving bone mineral density, reducing contractures, and maintaining adequate hip alignment. Using the Rifton Stander in this capacity will reduce the likelihood of further expensive corrective surgeries and associated medical interventions.

Additionally, research points to adaptive standing as a form of physical activity and energy expenditure that meets the World Health Organization requirements for light physical activity and contributes to the overall well-being of an individual.





Describe beneficiary's standing goals:

Jane's goals for this semester are to stand in an adaptive stander for sixty minutes a day five times per week. She cannot achieve this goal without access to a stander that will adequately meet her positioning needs and will otherwise spend most of the day in her custom power wheelchair. Jane needs daily weight-bearing opportunities to slow the progression of osteoporosis, contracture development, and hip displacement, reducing the likelihood of further complex surgery and added medical expenses. Regular standing opportunities also improve postural alignment and provide Jane access to her environment to interact with her peers and improve her quality of life.




Concluding paragraph restating the main points of the report:

Therefore, it is my opinion, according to the evaluation and trialing of equipment for Jane, that the most effective and least costly option would be the Size 2 Rifton Stander in the multi-position configuration to improve Jane's function, positioning and health.






Itemization of the Rifton Stander

Item	Description of Medical Necessity
 <p data-bbox="289 785 467 814">Supine configuration</p>  <p data-bbox="289 1264 467 1293">Prone configuration</p>	<p data-bbox="639 285 1455 485">The Rifton Stander provides users with multiple disabilities the opportunity to be upright and weight-bearing for the medical and therapeutic benefits of improving bone mineral density, hip alignment, range of motion, postural control, bowel and bladder health, and respiratory function. With its easy maneuverability, height adjustment and tilt, this stander provides opportunities for peer interaction, socialization and access to most environments for participation. In addition to the soft, comfortable padding of the stander, a variety of features, straps and supports provide optimal positioning and alignment for each user.</p> <p data-bbox="639 506 1435 585">Along with the tool-free height adjustment and stander tilt adjustments, the trunk laterals swing away and the positioning straps unclip quickly for ease of transfer into the stander in both the prone and supine positions.</p> <p data-bbox="639 606 1406 659">With ample opportunities to adjust the leg support length and trunk support length, this particular stander is perfect for meeting the needs of a growing user.</p>
<p data-bbox="168 1350 347 1379">Head laterals</p> 	<p data-bbox="639 1350 1455 1430">The head laterals are mounted on the headrest in the supine configuration and can adjust independently in height and width to accommodate different user sizes and varying needs for head support.</p>
<p data-bbox="168 1623 347 1652">Trunk laterals</p> 	<p data-bbox="639 1623 1455 1761">The trunk laterals provide a lateral boundary for the upper trunk as well as the pelvis in both the prone and supine positions for accommodation of users with poor body awareness, postural weakness or deformity. These width-adjustable laterals flip out of the way for quick and easy transfers into the stander. The knob on the lateral support allows individual height adjustment of each pad for more precise positioning.</p>

Itemization of the Rifton Stander continued

Item	Description of Medical Necessity
<p>Trunk strap options</p> 	<p>The trunk strap is a required component for the supine and multi-position configurations.</p> <p>Standard trunk strap The standard padded trunk strap provides simple upper body positioning and boundaries.</p> <p>Trunk rotation control strap The wide and padded trunk rotation control strap wraps snugly around the user with the option to tighten the webbing attachments on one side or the other to guide and align rotational postural tendencies.</p> <p>Butterfly harness The 5-point supine butterfly harness can be used instead of the trunk strap for supine standing. It is ideal for users with low tone, weakness, or flexion movement patterns who need more upper body positioning and stabilization.</p>
<p>Hip strap options</p> 	<p>The hip strap is a required component for the supine and multi-position configuration.</p> <p>Standard hip strap The standard padded hip strap provides simple positioning and boundaries at the hip.</p> <p>Hip rotation control strap The wide and padded hip rotation control strap wraps snugly around the client with the option to tighten the webbing attachments on one side or the other to guide and align rotational postural tendencies.</p>
<p>Pelvic support</p> 	<p>The pelvic support is a required component for the prone and multi-position configuration. The pelvic support is a shaped and padded 5-point harness designed to provide support behind the user's hips to maintain a safe and comfortable prone standing position.</p>

Itemization of the Rifton Stander continued

Item	Description of Medical Necessity
<p>Stander leg type</p>  <p>Standard leg</p> <p>Advanced leg</p>	<p>This is a required component on all Rifton Standers.</p> <p>Standard leg</p> <p>The standard legs allow independent adjustment in upper and lower leg length to accommodate growth and leg length discrepancies.</p> <p>Advanced leg</p> <p>The advanced legs allow independent adjustment in upper and lower leg length to accommodate growth and leg length discrepancies. They also allow hip and knee angle adjustment to accommodate hip and knee flexion contractures of positioning.</p>
<p>Medial/lateral thigh supports</p> 	<p>The thigh supports offer versatile positioning of the lower extremities. Depending on their placement, the thigh supports can provide either abduction or adduction guidance at either the upper or lower thigh for users with poor leg alignment.</p>
<p>Supine knee support options</p> 	<p>A supine knee strap is a required component for the supine and multi-position configurations.</p> <p>Knee straps</p> <p>The supine knee straps comfortably stabilize the knee on the padded leg support.</p> <p>Split knee supports</p> <p>The split knee supports offer improved stabilization of the knee above and below the patella as well as medially and laterally. This additional comfort and security meets the wider positioning needs of users with high tone and contractures. The supports adjust in depth and angle to achieve the perfect fit and flip to the side during transfers.</p>
<p>Prone knee cuffs</p> 	<p>The prone knee cuffs provide knee alignment on the padded knee support. The soft fabric cuff wraps around the knee providing medial/lateral stabilization and preventing hyperextension where needed. Some rotational control may be added by tightening the strap on one side of the cuff more than the other.</p>
<p>Tray</p> 	<p>The tray provides height and angle adjustment in both the prone and supine configurations. This allows the positioning of activities or communication devices within reach of the user for improved participation and therapeutic interventions. The tray also swings easily out of the way for transfers.</p>

Don't forget to include pictures of the Rifton Stander.

