



FAX TO: 516-500-9508

PRESCRIPTION AND PHYSICIANS CERTIFICATE OF MEDICAL NECESSITY

Patient Name _____ Date of Surgery/Injury _____

ICD 10 Primary Code _____ ICD 10 Secondary _____ Other ICD 10 Code _____

Medical Condition _____ Other ICD 10 Codes _____

PLEASE CIRCLE BELOW: RIGHT or LEFT AND AFFECTED BODY PART:
Right or Left | Foot Ankle Knee Back Shoulder Elbow Wrist Hip Neck

EQUIPMENT ORDERED: Thermo Plus System, Cold, Pneumatic Compression, and Mechanical DVT Prophylaxis Unit

EXPLANATION OF COLD AND COMPRESSION THERAPY

The Thermo Plus System/Vascutherm (VT4) is a portable, integrated ice-less, temperature regulated therapy device clinically proven to control post-operative pain and edema, reduce swelling, stimulate blood flow and increase speed functional recovery, thus reducing health care costs. The combination of these therapies ultimately increases muscle strength and range of motion. Post-operative swelling and its complications are the most common cause of extended recovery time. Temperature regulated therapy devices substantially reduce the risk of frostbite associated with ice or units that circulate ice water. The benefits of cold and compression therapy are thought to be most effective if applied almost immediately after injury or at the conclusion of an operative procedure. In many cases, the role of cold compression in the management of musculoskeletal injuries and orthopedic operative procedures may also reduce the need for pain reducing narcotics. Therefore, I am prescribing the Thermo Plus System for the above-named patient to assist during post-op treatment.

COLD THERAPY INSTRUCTIONS

Frequency: 60 minutes 3 times per day or as much as patient desires, but no less.

Duration: 21 days **Setting:** 46 Degrees F

Physician Initials _____

COMPRESSION THERAPY INSTRUCTIONS

Frequency: 60 minutes 3 times per day or as much as patient desires, but no less.

Duration: 21 days

DEEP VEIN THROMBOSIS (DVT) MECHANICAL PREVENTION

A Thermo Plus portable therapy system is being prescribed for the above named patient. After a surgical procedure the use of intermittent pneumatic compression machine combined with other therapies, may reduce the risk of clot formation, and complications of DVT post phlebotic syndrome. Intermittent compression devices apply pressure that is similar to walking. An intermittent compression machine used following surgery has been clinically proven to help reduce the overall rate of DVT occurrence and serious events associated with DVT. The Thermo Plus System is designed to provide this type of therapy.

Physician Initials _____

DVT THERAPY INSTRUCTIONS

Based on the below risk assessment, the patient should use DVT prevention.

Duration: 21 days

DVT RISK ASSESSMENT: A total of 3 points indicates HIGH RISK of DVT (as per AAOS guidelines)

____ Age 41-59 1 pt; Age 60-74 2 pts; Age 75+ 3 pts

____ Smoker 3 pts

____ Arthroscopic surgery 2 pts

____ Major surgery lasting 30 minutes or more 2 pts

____ Add one point for each of the following: bed rest, restricted mobility, leg currently swollen, varicose veins, overweight/obese, past heart attack, serious infection

____ Family history of blood clotting disorders 3 pts

____ Birth Control pills 3 pts

____ Serious trauma within last month 5 pts

____ Broken hip, pelvis or leg within last month 5 pts

____ Joint replacement surgery 5 pts

DVT ASSESSMENT TOTAL _____

Physicians Signature

Physicians Name

Physicians NPI Number (not groups NPI)

Date of script