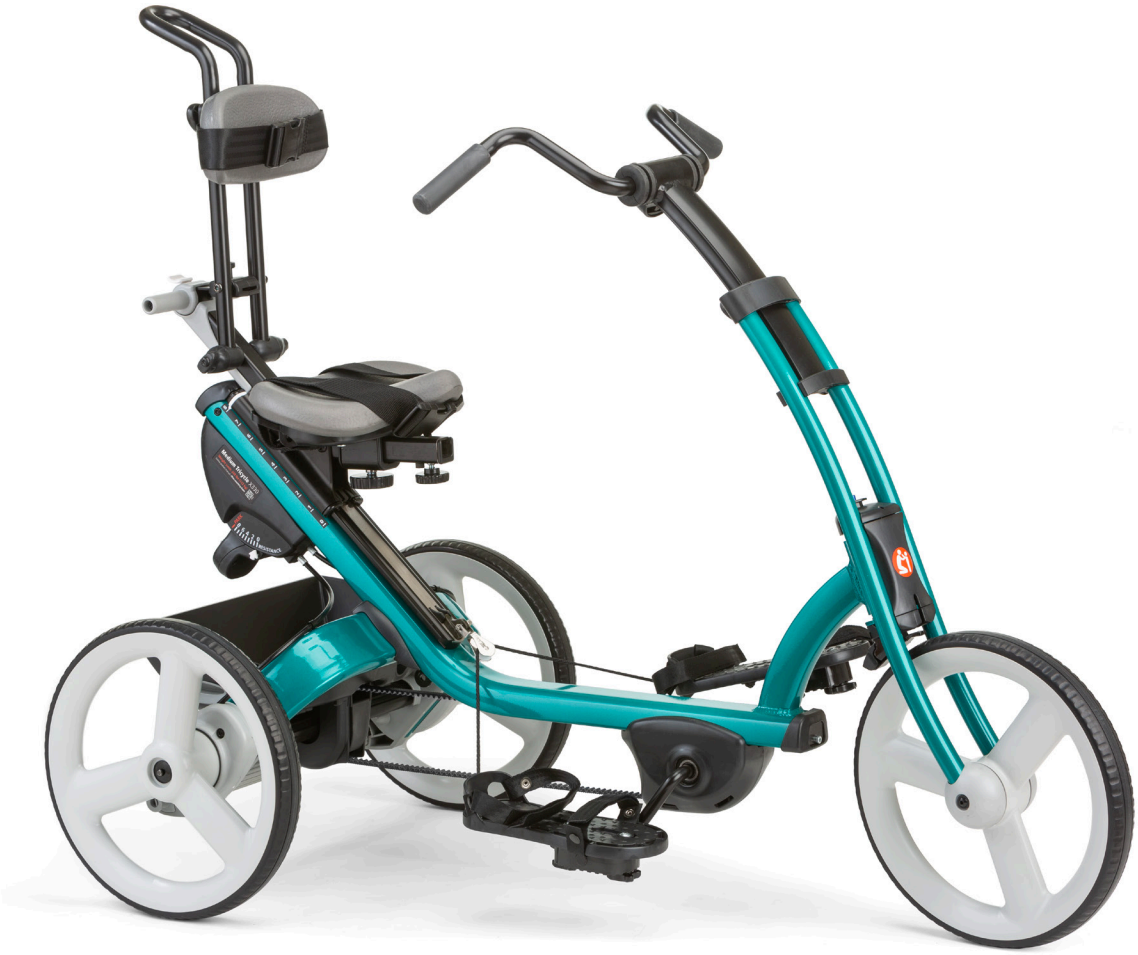
The Rifton Adaptive Tricycle

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 John Doe's therapist, I am requesting funding authorization for a Rifton Adaptive Tricycle.

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 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 John's physical therapist for the last two years seeing him on a bi-weekly basis.

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

John Doe is a ten-year-old boy with a dual diagnosis of quadriplegic cerebral palsy and autism. He has upper- and lower-extremity spasticity with poorly controlled movements and muscular weakness of the trunk and extremities. He has flexion contractures in his right hip and knee.

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

John can only bear 25% of his weight and requires maximum assistance of two caregivers and a gait trainer for standing and walking. Because he can only walk a total of ten feet before he fatigues, his primary means of mobility is a custom powered wheelchair and he spends most of his day in the 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 adequate mobility opportunities for John as standing and walking are too physically demanding. This has impacted him both therapeutically and medically. Prolonged positioning in a wheelchair has resulted in flexion contractures at the hips and knees requiring corrective surgeries and increased therapy services and he is now at risk for pressure ulcers, osteoporosis and cardiovascular health issues. With continued dependence on his wheelchair, John is progressively losing his remaining functional abilities.

Additionally John has autism and displays maladaptive behaviors in the classroom and when caregivers are unable to assist him with his mobility requirements. This makes it difficult for John to form friendships, participate in his curriculum or adequately express his needs at home.

John requires an alternative form of mobility to advance his strength and endurance to improve his function and access to the environment. We have determined that John will benefit from a Rifton Adaptive Tricycle to address his current impairments and promote daily function and independence. Without appropriate equipment John will regress, becoming fully dependent for all functional mobility. This will, obviously, impact his quality of life. As he grows in height and weight, this factor becomes significantly more important to his caregivers.

State the type of equipment and components being requested:

I am requesting a medium Rifton Adaptive Tricycle for John with the following features and components:

- Large seat
- Pelvic harness
- Trunk support
- Laterals
- Abductor
- Contoured headrest
- Loop handlebars
- Large hand anchors
- Rear steer handle
- Pedal raise kit
- Stationary stand

Describe equipment, adjustments for growth, and psychological benefits:

The Rifton Adaptive Tricycle will provide John with an opportunity for active mobility and reciprocal leg movement that is therapeutic and functional without exhausting his cardiovascular and musculoskeletal systems.

The features and components of the Rifton Adaptive Tricycle allow for safe and appropriate positioning for John to maximize pedaling, steering and functional independence. The Rifton Adaptive Tricycle offers both trunk recline and seat depth and seat height adjustability which provides John comfortable seating to accommodate his contractures, tone and growth. As John has significant lower extremity weakness, the low gear ratio of the tricycle will make initial pedaling attempts easier with the option of adjusting the variable resistance for added challenge as he progresses. With the Rifton Adaptive Tricycle, John will only require one caregiver to direct steering and control with the rear steer handle.

As John is minimally weight-bearing with episodes of spasticity, he will use a lift device to safely move from his wheelchair to the tricycle. The base of support of the tricycle is high enough to fit the wheels of a lift device underneath and the swing-away trunk laterals and handlebars provide adequate room and ease of transfer.

Describe previous equipment trials:

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

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

A Rifton Adaptive Tricycle is medically necessary for John because it provides him with the only opportunity to maintain his mobility and current functional level. This is important for John's overall health and ease of care especially as he grows older and bigger. The Center for Disease Control (CDC) and World Health Organization (WHO) issued physical activity guidelines for children with disabilities recommending 60 minutes of moderate to vigorous aerobic activity five times per week to maximize health and function. An adaptive tricycle serves both purposes of maintaining mobility levels and meeting activity guidelines.

With a secondary diagnosis of autism, John will also benefit from self-guided large motor movements as provided by an adaptive tricycle to reduce maladaptive behaviors and improve communication skills that will allow John to participate better in his school curriculum or express his needs at home.

Research indicates that even children with multiple and significant disabilities can safely ride adaptive tricycles to maintain and improve their range of motion, balance, strength and endurance and subsequently improve their ability to stand and walk over time. Research also demonstrates that children with autism benefit from large motor exercise showing improvements in social and communication skills and a decrease in maladaptive behaviors directly after cycling episodes.

The Rifton Adaptive Tricycle provides John with the appropriate positioning features and components in order to make assisted and self-propulsion possible. The large seat offers John a stable and balanced base of support from which he can engage his lower extremities to pedal and use his upper extremities to steer. The pelvic harness is similar to the one John uses in his wheelchair and will assist in keeping his pelvis positioned comfortably and securely on the seat, preventing him from sliding off during moments of extensor tone.

Because of John's decreased core control and tendency to fall towards the side, he will require the trunk support with laterals to maintain his upper body in midline. A contoured headrest can attach directly into the trunk support to help John stabilize his head to work on eye-hand coordination for steering. John also requires an abductor to prevent scissoring of the lower extremities for better lower extremity alignment and effective reciprocal pedaling. The contractures affecting his right leg present a functional leg length discrepancy so John will require the pedal raise kit.

John's upper extremity reach and hand grasp capabilities are limited by his spasticity. The loop handlebar option brings the handlebar closer to John and can be used in combination with the hand anchors to help his hands comfortably maintain contact with the handlebars and allow him to assist with steering. John has both cognitive and physical impairments and cannot safely steer or propel the tricycle independently. The Rifton Adaptive Tricycle offers a rear-steer handlebar allowing his caregiver to help guide the speed and direction of the tricycle at all times.

As John needs daily activity to maintain is current health and function, he requires the stationary stand to provide cycling opportunities indoors throughout the winter season and during inclement weather.

For all these reasons we have determined that the Rifton Adaptive Tricycle is the only device capable of safely meeting John's positioning and mobility needs.

Can include itemization of the Rifton Adaptive Tricycle 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 Adaptive Tricycle to John to maintain and improve his function and health as he grows in size and age is the least costly alternative.

Expensive surgeries and increased medical intervention can be avoided or reduced as the Rifton Adaptive Tricycle will assist in maintaining functional skills and overall health of the user.

Studies show that individuals with neurodevelopmental disabilities have double the healthcare costs compared to their peers. However, these costs may be reduced by prolonging function and health through increased opportunities for mobility and physical activity. John's current ability to ambulate ten feet with a gait trainer does not meet the criteria for physical activity as proposed by the World Health Organization or allow him adequate time to improve his functional skills. In comparison, the Rifton Adaptive Tricycle has provided John the ability to cycle for 20 minutes every day with improvements shown in his lower extremity strength, cardiovascular endurance and the ability to perform a sit-to-stand transfer. This has improved the way John is cared for, and instead of two caregivers, John now only requires one to assist him with transfers from the toilet to his wheelchair.

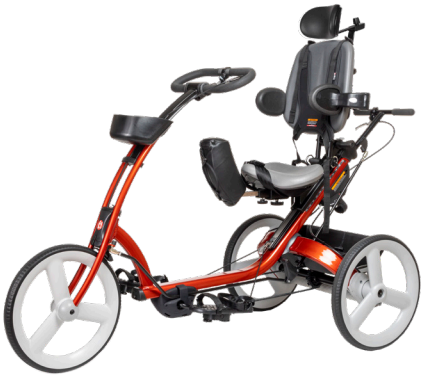
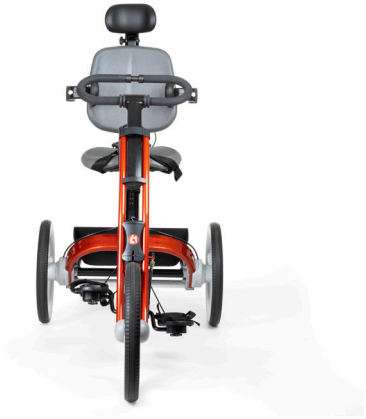
Make the person real including goals:

John's goal for this semester is to bear 50% of his weight to improve his sit-to-stand function for transitions into the gait trainer. This will enable him to use the gait trainer with one caregiver only. He cannot achieve this goal while dependent on a wheelchair. He needs the opportunity to actively use his limbs to build the strength and range of motion necessary for function and improved quality of life. Use of the tricycle will build leg strength toward achieving his goal, while at the same time provide him with the opportunity for physical activity as recommended by the CDC.

Concluding paragraph restating the main points of the report:

Therefore, it is my opinion, according to the evaluation and trialing of equipment for John, that the Rifton Adaptive Tricycle would be the most effective and least costly option for improving John's function, mobility and health.

Itemization of the Rifton Adaptive Tricycle

Item	Description of Medical Necessity
 	The Rifton Adaptive Tricycle provides therapeutic and reciprocal gross motor movement with physical and functional benefits such as strengthening muscles, improving range of motion, improving cardiovascular endurance and circulation, developing eye-hand coordination, improved head and trunk control and improved socialization, participation and self-esteem. The Rifton Adaptive Tricycle's adjustable seat and trunk support with customizable pedals provide a wide variety of positioning options for riders with significant and multiple physical disabilities. The built-in variable resistance can slow down speedy riders or create an element of challenge for muscle strengthening to increase functional gains. The trunk laterals and handlebar swing away for easy transfers to the Rifton Adaptive Tricycle. Additionally, the tricycle's elevated base can accommodate the use of patient-lift devices for safe and dignified transfers for larger riders. As cycling is always more fun in a community and participatory environment, the Rifton adaptive tricycle can be collapsed stowed in the trunk of a minivan of easy transport.
Handlebar options 	**Loop handlebar** A loop handlebar provides comfortable reach and steering for the child with limited reach or upper extremity contractures. **Conventional handlebar** A conventional handlebar is available for riders with adequate upper extremity function.
Hand anchors  	For riders unable to grasp the handlebars of the tricycle, the comfortable and soft hand anchors provide gentle guidance to maintain hand grasp around the handlebars for effective steering.

Itemization of the Rifton Adaptive Tricycle continued

Item	Description of Medical Necessity
Front handbrake 	The front handbrake provides riders with good cognition and hand funtion the opportunity to control their bicycle speed for safe and independent cycling sessions.
Mounting bar 	The mounting bar clips to the center of the handlebar and serves as a device mount for riders needing communication or monitoring devices. Mounting bar diameter: 7/8''
Trunk support 	The height-adjustable trunk support comes with a butterfly harness. This provides secure boundaries for riders with poor trunk control or decreased postural awareness allowing for improved focus on and performance of the cycling task.
Backrest pad 	The backrest pad is available for riders with good trunk control, but still requiring minimal cuing for posture and comfort.
Headrests 	Two headrest options are available with adjustments for height and depth to optimally and comfortably position the head and stabilize the visual field for improved eye-hand coordination. The headrests attach directly to the trunk support.

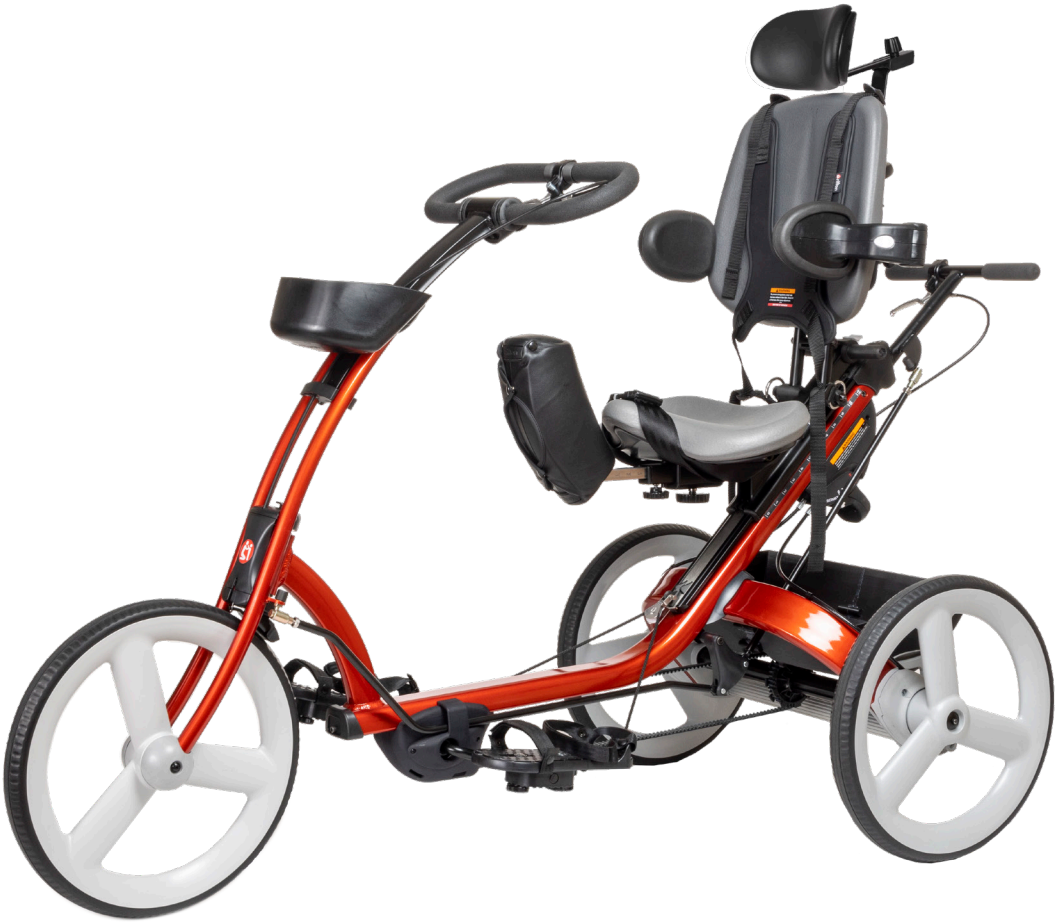
Itemization of the Rifton Adaptive Tricycle continued

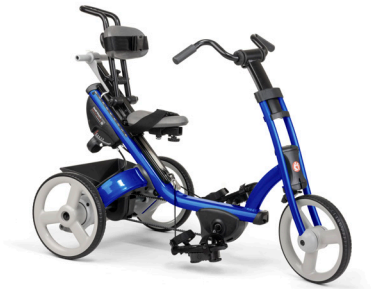
Item	Description of Medical Necessity
Laterals 	The laterals slide in tracks at the back of the trunk support and have individual adjustments for height, width, and rotation. This provides options for growth as well as accommodating riders of different sizes of those with more complex needs such as scoliosis.
Seats 	Comfortably upholstered seats are available in small, medium, and large depending on the size of adaptive tricycle. They come with a seatbelt for safety. Choose a larger size when available for bigger riders or those needing improved stability. Seat dimensions: small seat (10'' wide, 10'' long) or a large seat (16'' wide, 12'' long)
Pelvic harness 	The pelvic harness attaches at the rear of the seat and firmly positions a rider's pelvis, securing hips and upper thighs without pressure on the abdomen. It provides a stable, comfortable base of support for postural control and encourages proper alignment of the spine for optimal upper and lower extremity function during cycling. It also controls strong extensor spasticity that results in sacral sitting.
Abductor 	The depth-adjustable abductor attaches just beneath the seat. it provides leg separation and helps control spasticity that causes leg scissoring to maintain adequate alignment of the lower extremity for effective and comfortable pedaling.
Abductor with adduction straps 	The abductor with adduction straps attaches just beneath the seat. The adduction straps attach to rods on the abductor pad to provide a comfortable lateral boundary for the client's knees to maintain proper alignment for effective pedaling and control.

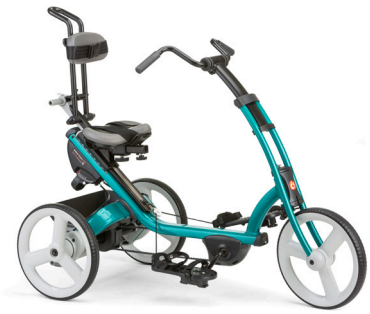
Itemization of the Rifton Adaptive Tricycle continued

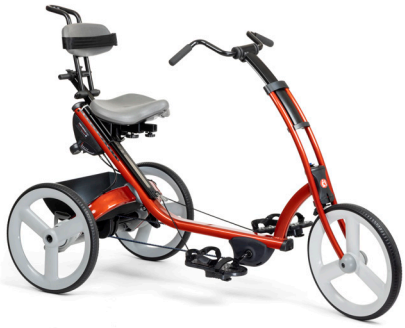
Item	Description of Medical Necessity
Front guide bar 	The front guide bar allows the caregiver to assist the rider to control steering and speed. It enables eye contact between caregiver and the rider and allows the caregiver to directly monitor or a more involved rider at all times.
Rear steering options 	**Push handle** The push handle can be ordered with or without a caregiver brake. It allows the caregiver to assist the rider and control the tricycle speed from behind, giving the rider a feeling of independence. **Rear steer** The rear steer can be ordered with or without a caregiver brake. It allows the caregiver to control the direction and speed of the tricycle to safely assist the rider with physical, cognitive, or visual impairments. With the caregiver assisting from behind, the rider has a feeling of independence.
Pedal raise kit 	The pedal raise kit provides the opportunity to raise either pedal by 0.5'' or 1'' height to accommodate a rider with leg length discrepancy or lower extremity contracture.
Stationary stand 	The stationary stand converts any size of Rifton Adaptive Tricycle into a stationary bike affording the rider the opportunity to maintain their activity level and fitness during inclement seasons and days.

Don’t forget to include pictures of the Rifton Adaptive Tricycle.









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