



### ***Nessie Letter of Medical Necessity***

J.T.  
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(800) 555-2222

Physician: (insert name here)  
Therapist: (insert name here)  
Insurance: (insert Primary Insurance)  
Policy #:  
Secondary Insurance: (Insert Secondary Ins)  
Policy #:

DOB: (insert age)  
Duration of Need: Lifetime  
Diagnosis: Spina Bifida, Hydrocephalus  
Height: (insert height)  
Weight: (insert weight)

The following is medical necessity justification for a Nessie Positioning Device for MA. MA is a 1 year old female with a primary diagnosis of Spina Bifida since birth. MA is non ambulatory with weakness throughout all 4 extremities, trunk, and head. MA cannot sit without support. MA currently has no other adaptive equipment. I have been treating MA in the clinical outpatient setting since birth.

Our current therapy goals include strengthening muscles to achieve prop sitting. Future goals will include standing with support, with an ultimate goal of ambulation with an assistive device.

I am recommending that MA receive a Nessie positioning aid. The Nessie consists of a contoured, molded foam insert that is upholstered to protect the foam. The Nessie is a 'U' shaped positioning device that has contours of various heights. The unique shape of the Nessie is designed to provide support in a variety of positions that are used to strengthen various muscles. These positions are the same positions we work on in therapy with MA in order to strengthen her muscles. The Nessie positioning aid will allow MA's parents to continue to work on the exercises at home to better achieve our therapy goals and speed MA's development. We have trialed the Nessie with MA for several weeks during her therapy time.

The Nessie positioning aid can be used for seven (7) different positions to aid in strengthening and development. The first position is supine lying with the lower extremities resting on the Nessie. With the hips in flexion, extensor tone is reduced. This position will strengthen neck, stomach, shoulder and hip flexors. Position 2 is prone lying with the trunk propped on the Nessie. This position primarily strengthens the neck and shoulder muscles, but also the arms and back. By moving MA further forward, she can be placed in a 'crawling' position that will allow her to work on supporting her own body weight with all 4 extremities. The Nessie can also be used for Long Sitting, Side Lying, and Side Sitting. Lastly, once she has advanced and has sufficient muscle strength, the Nessie can be used for straddle sitting. This is the most difficult position but is the precursor to sitting unsupported.

There is no other product that provides the same level of support combined with the unique design characteristics of the Nessie. For all of the above reasons, it is recommended that MA be provided a Nessie positioning aid.

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Mr. or Mrs. Physical Therapist

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Dr. Doctor

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Date

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Date