



Plan of Care for DME

Knee Braces are ideal for relieving arthritic knee pain and other knee symptoms that result from arthritis. They help with knee stability during walking and help encourage mobility in patients. When the integrity of the joint space is destabilized the result is chronic rubbing and grinding of the bones. This causes inflammation and therefore pain, stiffness, warmth, and swelling.

Knee Braces not only stabilize the knee but also can aid in the alignment of the bones thus approximating the normal anatomical position. This augments the viscosupplementation program, and helps the ongoing symptoms of the arthritic process.

If deemed necessary by the examining physician, a prescription will be written for a knee brace. The physician will determine if a standard unloading brace can be utilized, or if a custom brace will be necessary.

The medical necessity will be discussed with the patient. The patient will be given the option of receiving the brace from Bain Complete Wellness, or they may go to a DME provider of their choice. The patient may also decide to not use the brace(s) at all, and the provider will discuss, the possible outcomes due to this decision and a note will be placed in the record.

Once the brace has been obtained, the patient will be given instruction on multiple occasions as to the application of the brace and its proper use. The patient will be observed after the above instruction period, putting the brace on, and also observed ambulating. The provider or his designate will make appropriate adjustments, and the patient will have all questions answered. The brace will be brought to all therapy sessions and injections. Brace use will be discussed on the exit day from the program, and on subsequent follow up visits.