



Keep the Adventure Alive ®
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Letter of Medical Necessity

Patient Name:

Date of Birth:

Address:

Physician Name:

Physician phone Number:

To be filled out by physician regarding patient above:

Patient history and diagnosis:

Joint(s) affected:

I refer this patient because of a diagnosis of (please check at least one):

chronic joint pain

osteoarthritis

muscle weakness

rheumatoid arthritis

balance impairments

Other (please list below)

Physician Signature: _____

Physician Comments:

Patient should keep this letter for tax purposes and for proof necessary for reimbursement under FSA, HRA, or Health Insurance Coverage Plan. **PLEASE SEND TO YOUR HSA/FSA PLAN AND NOT ALYSSA.** She does not do the reimbursing.

See next page for description of the Adventures for Life Membership.



Adventurers for Life

Adventurers for Life is a self-paced, online membership program created by Dr. Alyssa Kuhn, physical therapist and osteoarthritis specialist. This membership promotes appropriate lifestyle factors and provides action steps to help improve mobility, reduce joint pain, gain strength, improve balance, and optimize movement in those with chronic joint pain secondary to osteoarthritis or other chronic conditions, if all protocols are followed.

This membership is comprised of:

1. Evidenced based pain education
2. Carefully selected movements, exercises, and follow along workouts from a physical therapist
3. Education on an anti-inflammatory way of eating to promote joint health
4. Education on how to manage joint pain flare ups
5. Specific exercise direction on daily tasks including stair climbing
6. Education on modification of exercise due to severity of condition

The Adventurers for Life membership program was created to facilitate hope and provide action steps to reduce osteoarthritis pain via conservative treatments. This membership can also be used after a total joint replacement once treatment protocols have concluded and patient is cleared to begin self-paced exercise.

Alyssa Kuhn, PT, DPT