FORGED KINETICS LLC
5900 Balcones Dr STE 100, Austin, TX 78731
Phone: 512-710-7525

LETTER OF MEDICAL NECESSITY

Dear Forged Kinetics Exercise Specialist,

This letter serves to confirm that the patient named below has been advised by their licensed healthcare provider to participate in a structured exercise program as part of a medically necessary plan to support their overall health and well-being.

The prescribed program, "The Forged Kinetics Protocol," will include progressive strength and conditioning activities under the direction of a qualified exercise specialist at Forged Kinetics LLC.

Patient Information

Patient Name (Print):

Date of Birth:

Medical Necessity / Conditions (check all that apply)

This recommendation is made to address the following condition(s):

Musculoskeletal Pain or Weakness

- ☐ M79.1 – Myalgia (General Muscle Pain)
- ☐ M62.81 – Muscle Weakness (Generalized)
- ☐ M25.5 – Pain in Joint
- ☐ M53.2 – Spinal Instabilities
- ☐ M53.2X2 – Cervical Region
- ☐ M53.2X4 – Thoracic Region
- ☐ M53.2X6 – Lumbar Region

Postural / Balance / Gait Dysfunction

- ☐ R29.3 – Abnormal Posture
- ☐ R26.81 – Unsteadiness on Feet
- ☐ Z91.81 – History of Falls
- ☐ R29.6 – Repeated Falls
- ☐ R26.89 – Other Abnormalities of Gait and Mobility

Chronic Pain

- ☐ G89.2 – Chronic Pain, Not Elsewhere Classified

Neurological / Motor Impairments

- ☐ G81.0 – Flaccid Hemiplegia
- ☐ G81.01 – Right Side
- ☐ G81.02 – Left Side
- ☐ G81.09 – Unspecified Side
- ☐ G81.1 – Spastic Hemiplegia
- ☐ G81.11 – Right Side
- ☐ G81.19 – Unspecified Side
- ☐ G81.9 – Hemiplegia, Unspecified
- ☐ G81.12 – Left Side

Metabolic or Cardiovascular Conditions

- ☐ E66.9 – Obesity, Unspecified
- ☐ I10 – Essential (Primary) Hypertension
- ☐ R73.03 – Prediabetes
- ☐ E78.5 – Hyperlipidemia, Unspecified
- ☐ E10.9 – Type 1 Diabetes Mellitus Without Complications
- ☐ E11.9 – Type 2 Diabetes Mellitus Without Complications

Weight Management / Counseling

- ☐ Z71.3 – Dietary Counseling and Surveillance
- ☐ Z68.30 – Z68.39 – BMI 30.0–39.9 (Adult)
- ☐ Z68.41 – Z68.43 – BMI 40.0 and above (Adult)

Rehabilitation / Post-PT Continuation

- ☐ Z50.89 – Other Specified Rehabilitation Procedure
- ☐ Z71.89 – Other Specified Counseling
- ☐ Z98.890 – Postoperative Status (e.g., Total Knee, Total Hip, Total Shoulder, ACL Repair, Rotator
- ☐ Other:

Program Duration

☐ 3 Months ☐ 6 Months ☐ 12 Months ☐ Other: _____

Notes / Special Instructions

(Include any relevant details, restrictions, or goals related to the prescribed fitness program.)

Medical Provider Information

Provider Name (Print):

Professional Title:

☐ MD ☐ DO ☐ DPT ☐ Other: _____

NPI Number:

Clinic / Facility Name:

Address:

City:

State:

Zip:

Email (Optional):

Phone(Optional):

Fax(Optional):

Medical Provider Authorization

The patient is cleared to participate in a structured exercise and corrective movement program under the guidance of Forged Kinetics LLC, a provider of wellness and preventive fitness services. This program is designed to enhance functional capacity, minimize the risk of reinjury, and promote overall health outcomes in alignment with the patient's treatment plan.

Provider Signature:

Date:

Provider Stamp/Seal (optional):

Patient Authorization

I, the undersigned, acknowledge that participation in the Forged Kinetics Protocol program is being undertaken as part of my physician-or provider-directed wellness plan. I understand that Forged Kinetics LLC and its specialists do not diagnose or treat medical conditions, and participation is for the purpose of improving strength, mobility, and overall physical function as prescribed.

Patient Signature:

Date:

Legal Guardian Consent (for persons under 18 or unable to consent)

I, the undersigned, authorize my child/ward to participate in the Forged Kinetics Protocol program as prescribed by their healthcare provider.

Legal Guardian Name (Print):

Legal Guardian Signature:

Date:

Forged Kinetics® is a federally registered trademark under U.S. Trademark Class 41, covering Personal fitness training services and consultancy; Providing online fitness instruction in the field of strength training.