

**Division of Developmental Disabilities**  
Durable Medical Equipment Prior Authorization Criteria

**Subject: Gait Trainers**

**Unit: Health Care Services**

### **Guidelines for Authorization of Gait Trainers**

**PURPOSE:** To establish the process for decision making and prior authorization of Gait Trainers for:

1. Those individuals who have previously been independent in ambulation but have temporarily lost their ability to walk due to illness or injury.

**OR**

2. For individuals with a developmental disability who are learning to walk, the following must be demonstrated:

**PROCEDURE:** Criteria for assessment of medical necessity include:

- a. A walker (which requires children to use more muscles than a gait trainer) must have been found to be inappropriate or ineffective.
  - b. The ability to effectively use the gait trainer.
  - c. The ability or potential to maintain the upright posture needed for ambulation.
  - d. The potential for independent ambulation as the result of continued rehabilitation
  - e. The gait trainer must be functional in the environment where the individual lives
  - f. The child or adolescent must be able to get in and out of the gait trainer successfully
  - f. A plan must be submitted for:
    - i. Training the child or adolescent in how to use the gait trainer
    - ii. Daily use of the gait trainer after training period completed.
3. The gait trainer shall not be used as a stander.
  
  4. The documentation must include:

a. Documentation (a prescription and a progress note) from a specialist in Neurology, Physical/ Rehabilitation Medicine or Orthopedics.

**AND**

b. A report or progress notes from a physical therapist.

5. At the discretion of the Health Plan Chief Medical Officer or the Division Medical Director, a second opinion shall be obtained to determine medical necessity for the Gait Trainer.

6. If there is a disagreement on the medical necessity for the gait trainer, the final decision will be made by the Division's Medical Director following consultation with the Health Plan's Chief Medical Officer.