

ORTHOTIC INFORMATION

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YOUR ORTHOTICS

The foot devices which you have just received are called functional orthotic devices. You will most commonly hear them called orthotics. They are called functional because they improve the function of your foot and subsequently affect the function of the legs, knees, hips, and back. The type of orthotics, materials choice and modifications has been determined based on your particular problem. We have used the highest quality materials available. However, due to each patient's individual body chemistry and activity level, periodic replacements of top covers and posting material are normal.

BREAKING IN YOUR ORTHOTICS

1. Wear your orthotics no more than one hour the first day, two hours the second day, three hours the third day, and so on. Progressively work up to wearing them all day.
2. The importance of shoes cannot be overemphasized. The best orthotics in the world will be ineffective unless you wear the correct shoes. Do not purchase new shoes unless you take the orthotics with you.
3. In some instances it may be necessary to remove the manufacturer's insole to allow enough room for the orthotic.

FOLLOW UP APPOINTMENT

1. Following your one week break in period allow one additional week of wearing your orthotics. Make an appointment with Dr. Lewis two weeks after receiving your orthotics.
2. Your orthotics may require some small changes or adjustments to improve their function or to increase comfort.
3. Remember the goal with orthotics is only to improve your foot function. They are not a magical cure-all. Your participation and feed-back regarding how your orthotics are helping your particular problem is paramount.
4. Once yearly a follow-up to check your orthotics is highly recommended.

ADDITIONS AND MODIFICATIONS

Dr Lewis may determine that modifications and/or additions to your orthotics may be necessary after the break-in period based on your feed-back. These services are included in the cost of the orthotics for the first 90 days after dispensing of the orthotics. If after this period modifications or additions are needed there will be a charge. Insurance does not pay for orthotic repairs, modifications, additions or supplies.

ADDITIONAL ORTHOTICS

1. You may want a dress shoe orthotic or sport specific orthotic.
2. Additional pairs can be made from the molds you have received today. Please keep these in a cool, dry storage.
3. Your insurance plan often times allows more than one pair of orthotics.
4. Contact our pre-authorization staff, Melanie at 425-277-3668 for coverage questions.