



## PATIENT INFORMATION SHEET

# ORTHOTIC DEVICES

### WHAT ARE ORTHOTIC DEVICES?

Orthotic Devices are special inserts worn in your shoes to support your feet to improve foot function and efficiency. They are custom made, specially for you, fabricated from materials ranging from soft and flexible to hard and rigid according to your need. Orthotics may not be the whole answer to your problems but may frequently be very helpful, in association with proper shoes, exercise or activity adjustments and other treatments, in allowing the best possible solution to your foot problem.

### HOW ARE ORTHOTIC DEVICES FITTED?

**1** Your first appointment with the Department of Podiatric Biomechanics will be for orthotic evaluation and possible casting. We will examine your feet, taking measurements of your foot position and observe your walking patterns. From this, we can better determine whether orthotics may provide the best solution to your foot problem.

**2.** If orthotic devices are then indicated, plaster cast impressions of your feet will be made around which, in accordance with the measurements taken of your feet and observations of your walking, the orthotic device will be made according to prescription. These casts are then sent to a laboratory, specializing in manufacturing devices, where the orthotic will be made. The orthotics are usually returned to us in a few weeks at which time you will be contacted to receive your devices. You will be fitted with the devices at that time and instructed about their use and care.

**(3)** As you become accustomed to your devices, you may be scheduled for one or more follow-up visits over the following few months to ensure proper fit, comfort and use of the devices. You may occasionally over the next few years require minor adjustments. But with minimal care, many orthotic devices may provide you with years of comfortable service.

The cost for this service is \$300.00. The cost includes orthotic evaluation and casting, fabrication, fitting and three follow-up visits for adjustments.

Most insurance companies do not cover the cost of orthotic devices. You may possibly wish to contact your insurance carrier to inquire whether they will be covered or not. The Cleveland Foot and Ankle Clinic will, however, provide you with the information you need to process your claim with your individual insurance carrier. Please note that, unless you are a Medicaid patient, you are responsible for making direct payments to the Cleveland Foot and Ankle Clinic for your orthotics based on the fee determined above.

You will need to make a minimum deposit of \$75.00 at the time of your evaluation and casting appointment before the casts are sent to the lab for the orthotics to be made. The remaining balance will be required when the devices are fitted and dispensed or appropriate arrangements made with the billing office.