



CUSTOM FOOT ORTHOTICS POLICY

What is Orthotics? Orthotics are precision balanced inlays worn in shoes to allow the feet and lower extremities to function properly. They are designed to fit your feet and help to restore normal biomechanical function of the lower extremities. The doctor will prescribe the orthotics that are correct for your specific problem. A casting or scanning of the feet are made, and then sent to a laboratory for the production according to the doctor's detailed prescription. It usually takes 3-5 weeks for the orthotics to come back from the lab.

Why do I need orthotics? Prescription orthotics are a proven medical treatment for many conditions affecting the foot and leg and gait (ability to walk). Orthotics are a cost-effective treatment to correct abnormal forces that cause pain and deformities. The use of orthotics can eliminate the need for long-term drug therapy, physical therapy, or surgical correction. Orthotics realign the structures of the foot & leg to prevent bone dislocation as well as muscle, tendon and ligament fatigue. They are often used after surgery to help stop the recurrence of foot deformities. The orthotics need to be worn in adequate footwear, athletic shoes, some dress shoes or work boots.

How long will orthotics last? Most orthotics last 3-7 years; depending upon your activities; It takes time for your body to adapt to these changes and mild aches or discomfort may occur initially in your feet, ankles, legs, hips or back. It is important to follow the break-in period instructions.

Your doctor has suggested custom, functional orthoses as part of your treatment regimen. We want to make sure you are informed about the nature of functional orthotics prior to your obtaining them.

There is a difference between arch supports/insoles and functional orthotics. Functional orthotics are built off of a scan of either a 3D laser scanner, a scan off of a foam mold or a scan of a plaster cast. The technique of the scan is not the important part. The critical part of the functional orthotic is that the foot is molded non weight bearing where the physician is the one manipulating the foot into the appropriate "corrected" position.

Functional orthotics can be made from many different materials. Some of the materials are rigid, some semi rigid and some soft. The functional part of the orthotic is what controls the motion of the foot. The physician determines what material to make the functional part of the orthotic out of based on the condition being treated. Most orthotics we prescribe have a full-length top cover on top of the functional part of the orthotic. This top cover has no function other than to make it more comfortable in the shoe. In addition, top covers come in many different materials and the physician chooses the material based on your diagnosis and what he/she feels is the best for the condition being treated.

Functional orthotics will NOT fit in every shoe you have in your closet. In general, functional orthotics fit in lace up type shoes that have removable insoles. Sometimes a slightly larger size is needed to fit the orthotic and the patient's foot in the shoe. Patients, when buying new shoes, should always take the orthotics with them to make sure the orthotics fit in whatever shoe they buy.

Orthotics are custom and therefore cannot be returned. Occasionally, there are patients that simply cannot tolerate wearing orthotics. This is rare and in no way should dissuade the patient or the physician from prescribing a functional orthosis.

Please follow the break in protocol your physician gives to you at the time of dispensing in order to allow your foot to gradually get used to its new

Insurance: If you want to check with your insurance to see if the **Custom Molded Orthotics** is a covered benefit, which may be subject to deductibles; you will need to call the phone number on your insurance card and give them the following information:

CPT code: L3000 "Custom Molded Orthotics, not attached to a shoe". Cost is \$400.00.
Due to inconsistent responses from insurances, we ask that you personally call and get the information firsthand.

DX_____ DX_____ DX_____ DX_____

You will be responsible for any balance that your insurance does not pay.

We require a \$200.00 deposit at the time of casting. Any credit from the deposit will be applied to open charges that are patient responsibility with the remaining balance refunded to the patient if requested. The balance of the orthotics is due when dispensed unless you have received verification of coverage from your insurance carrier. For your convenience we accept VISA, MasterCard, American Express, Care Credit, checks and cash.

All Orthotics are non- returnable and non-refundable _____Initial

If you have a problem with your orthotics please call the office for an appointment

Custom Orthotics (L3000) is not a covered benefit of Medicare.

A precertification is required for Workers Compensation Insurance or Veterans Insurances.

There is an office visit charge that will be billed to your insurance when the orthotics are dispensed. This visit allows the doctor to check the fit of the orthotics to your foot and educate you about the care and break-in period.

By my signature below I acknowledge receiving a copy of the orthotics policy.

Signature

Date

REV 10/19

Medford Foot and Ankle Clinic 713 Golf View Drive Medford, OR 97504

Phone 541-770-1225 Fax 541-770-1245 www.medfordfoot.com

*Fellow American College of Foot and Ankle Surgeons