

Options for foot orthotics bpp

Your doctor has decided that orthotic arch support would be helpful for your foot condition. There are several types of orthotics and ways to obtain them. Orthotics can be helpful for many foot conditions as a **support** the foot structurally and **cushion** the foot from external forces.

Off-the-shelf devices. Many times, an off-the-shelf orthotic will help your foot problem. Usually, you will need to bring this back to us so that we can modify it and **customize** it to your specific foot condition. This will require an office visit after you purchase them. When you come in with the orthotics for modification, we want her to bring in a few different types of shoes.

Our favorite all around off-the-shelf device is called a **Cadence EX**. This can be purchased in our clinic, from Amazon, as well as from Sole Perfection shoe stores. It has the best combination of arch support and cushion.

Superfeet orthotics are much more readily available and do offer good arch support. Our favorite color of orthotic is a **Berry** colored one for females and an **orange** colored one for males. This is because they have good cushion. These can be purchased at many shoe stores including REI.

Orthotics for Dress shoes are less effective, but can still help. We recommend the Prolab Prefab orthotic from or the PCS sole from Amazon

Custom foot orthoses:

Our clinic digitally scanned for three-dimensional shape of your foot and a personal prescription is given to Pacific orthotic labs In Maltby, Washington. They will digitally manufacture a custom orthotic with the prescriptive additions and modifications necessary to control your symptoms. A separate appointment will be needed for the orthotic scanning and your devices will come two weeks later after a call from our medical assistant. Most of the time, we want to physically see you and your shoes at the time of orthotic pickup. There will be up to one month of orthotic break-in where it will take time to get used to the devices. There are occasions when several modifications will be necessary after the orthotic dispensing.

Orthotic costs:

The cost to insurance for custom molded foot orthotics is \$700

The cost to insurance for a second pair of orthotics is \$490

The code for custom molded foot orthotics is L3000 times two (a left and a right)

There is a 30% discount for self-payment of the orthotics on the day you pick them up making the self-pay price \$490 for the 1st pair and \$343 for each extra pair

You might want to call your insurance carrier to see if orthotics (L3000 times 2) is a covered benefit.

You can tell them the diagnosis codes you have: (see separate sheet)

Diagnostic Codes:

__Abnormal Gait R26.9	__Equinus, Congenital Q66.9	__Pain M79.609
__Access, Ossicle, Painful Q66.89	__Equinus, Acquired M67.00	__Periostitis M86.179
__Achilles Tendonitis M76.60	__Exostosis M25.70	__Periph Neurop G60.8
__Apophysitis, Calc M92.70	__Hallux Limitus/Rigidus M20.20	__Pes Planus, Acquired M21.41, M21.42
__Arthralgia M25.579	__Hallux Valgus M20.10	__Pes Planus, Congenital Q66.50
__Arthritis, Degenerative M19.9	__Hammertoe M20.40	__Plantar Fasc M72.2
__Arthritis, Rheum. M06.9	__Heel Spur M77.30	__Pronation M21.6X9
__Arthritis, Traumatic M12.50	__Hypermobility Jts. M35.7	__Sesamoiditis M86.8X9
__Bunion/Bunionette M20.10 , M21.6x	__Instability of Foot/Ankle M24.876	__Shin Splints M89.8X6
__Calcaneal Valgus Q66.1	__Intoe Gait M21.8	__Stress Fracture M84.3725
__Cavus Foot, Painful M21.6X9	__Limb Length Discrepancy __Acquired M21.70 __Congenital Q72.899	__Tarsal Coalition Q66.89
__Charcot Jt., Diabetes A52.11	__Metatarsalgia M77.40	__Tarsal Tunnel G57.50
__Deformity, Ft, Ankle M21.969	__Metatarsus Primus __Met Adductus Q66.2	
__Diabetes w/Neuro E11.40	__Neuroma G57.60	__Ulcer, Foot/Toes L97.909
__Tendinitis M76.829		
__Equinovarus M21.549		