

# The TCFA Difference

## High Standards of Treatment and Follow Up

When prescribing orthotics, Town Center Foot and Ankle provides a ***comprehensive service to ensure safe and effective foot care***, including:

- ➔ A full clinical assessment of your foot problem prior to prescription.
- ➔ Prescription of orthotics tailored to individual needs utilizing the latest 3D technology
- ➔ Provision of any additional treatment required.
- ➔ Advice regarding exercises, footwear and training methods where relevant.
- ➔ Hand finished by certified pedorthist
- ➔ Comprehensive follow-up, including initial and ongoing treatment plan to ensure highest level of patient satisfaction.
- ➔ Fine-tuning or correction of any problems experienced in wearing orthotics with 4 week and 8 week follow up.

# FITTING GUIDE

FOOT PROFESSIONAL TO COMPLETE:

### Rearfoot Position:

Supination

Neutral

Pronation

### Degree of Pronation/Supination:

Mild

Moderate

Severe

Does the patient wear or need orthotics? Yes No

If Yes, Accommodative Diabetic  
Functional Foot Functional Foot and Ankle  
Sport Specific \_\_\_\_\_

### Ideal Shoe for Patient:

Lace up Narrow Fitting  
Adjustable Fit Extra Wide Fitting  
Rocker Sole Stiff Sole

### Specific Fitting Recommendations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Referred By: \_\_\_\_\_

# Are Your Feet Killing You?



**SOLUTION:**  
*Prescription  
foot Orthotics*



Town Center  
FOOT & ANKLE

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## What are Prescription Orthotics?

Orthotics fit into shoes to control foot and leg position through each phase of the walking cycle, from the moment your heel contacts the ground to when your toes push off the surface. During this walking cycle, the foot must absorb impact and transfer energy to propel the body forward at forces up to 4 times body weight.

Many problems Podiatric Doctors treat are related to walking or running on a foot with improper structural alignment. If a car is driven with poor wheel alignment the tires and bearings wear out prematurely and added stress is placed on the steering and suspension components.

## Footwear

Orthotics are designed to provide the required support necessary for relief of symptoms and it is important that they fit your shoe gear properly.

Your shoes are the base of your support and no matter how good an orthotic is made it can only be as good as the shoe it is sitting in. Your foot pain may be a direct result of wearing improper shoes for your feet.

*Have your feet properly fitted for shoes by properly trained individuals to ensure proper fit and functionality.*



## Prescription Functional Orthotic Fabrication

Once you have been examined by your doctor and the decision for prescription orthotic therapy has been made, a 3D scan of your feet is performed. **Your foot is captured in its optimal position.** This is then modified to address specific issues with your current condition. The laser scans and the prescription orders for the recommended modifications are delivered to the orthotic lab. Upon completion of fabrication at the lab, the orthotics are shipped to the doctor. The entire process takes between 1-2 weeks time.



## Orthotic Break-in Period

Your feet have taken years or even decades to break down to the point of producing pain. The bones, joints and surrounding soft tissues need a period of time to readjust to the corrected position. This adjustment period usually takes less than 2 weeks.

When you first receive your orthotics, they should only be worn for a few hours or until you experience mild discomfort. With each successive day the duration that the devices can be worn should gradually increase until they can be worn all day. After the adjustment period, to receive the maximum benefit from your orthotics they must be worn consistently.

To ensure continued long-term treatment benefits, patients should be examined at a one-year follow up visit. Inspection of the orthotic wear patterns and a biomechanical exam of the feet should be performed and evaluated.

## Insurance Coverage

Most private insurance companies realize the medical benefit of prescription functional orthotics and cover their expense. The amount of insurance coverage will vary between different policies. We can check with your provider to see if the type of orthotic you need is covered.

## Treatment Benefits

Orthotic therapy is proven to correct or improve the symptoms caused from biomechanical disorders in a high percentage of patients. As with all medical treatments, orthotics cannot guarantee to relieve 100% of pain symptoms. Although up to 80% of patients achieve complete relief within 2 months some will experience varying degrees of pain reduction.



**Not All Orthotics Are Created Equal**

Many businesses that supply "Arch Supports" or "Orthotics" have little or no biomechanical training to properly diagnose and treat your foot pain. For this reason be weary of kiosks or booths in malls, department stores, the internet and television infomercials. Even if a mold of your foot is made they are just a better fitting arch support.

Some providers produce an orthotic to increase cushioning. All this does to some degree is dampen the shock. It does not properly correct or realign. In fact, they

cannot produce an accurate impression and an inferior device results. Some providers will supply a generic (over the counter) orthotic. These may help for a time but the foot changes over time and present with different stress loads. Orthotics that are not manufactured specifically to your needs can result in pain by over-stressing your muscles, bones and joints. Many patients come to us with continued pain after trying all of these types of arch supports.

Some providers make people more unstable and perpetuate the underlying cause of the problem. Some providers have patients walk over a force plate mat that captures the downward pressure created by your foot. Why is this wrong? They are capturing the unsupported foot in 2 Dimensions. The foot is a 3 Dimensional structure. This method of foot scanning

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