

Does my insurance cover them?

Despite the effectiveness of orthotics in alleviating mechanical problems and lessening pain in most cases, orthotics are not covered. Letters of medical necessity are often sent to the insurance company to attempt to get them to cover them. Orthotics can also be a great alternatives to surgery in many cases yet still insurance companies may deny them.

What is the cost?

The cost of a pair of orthotics is between \$350 and \$400.

Consult our specialists today if you would like to learn more about Orthotic Therapy.



Intoe/Out toe Soccer Cleats Men's Dress/Work Shoes UCBL/Pediatric Flatfoot



Women's Heels Women's Dress Shoes General Sports and Running Children's Flatfoot

www.SouthFloridaSportsMedicine.org



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- Fellow: American College of Foot and Ankle Surgeons
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- Specializing in Complex Ankle Ligament Injuries



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- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



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- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

PUTTING YOUR BODY IN BALANCE WITH



Messina • Goodner • Cohen • Windram
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ORTHOTICS

Why you would benefit by using them

INSURANCE

MOST INSURANCES, PPO's AND MEDICARE ACCEPTED
Preferred Providers Below

ADULT

Aetna (HMO, PPO, POS, EPO)
Avmed (HMO, PPO)
Better Health
Blue Cross/Blue Shield (HMO, PPO)
Cigna (HMO, PPO, POS)
GHI
Humana (PPO, POS, EPO)
Magellan
Medicare
Memorial (HMO, PPO)
Miccosukee
Multiplan
Network Blue (HMO, PPO)
Preferred Choice
Private Health Care System
Seminole Tribe
Tricare
United Health Care (HMO, PPO, POS)

PEDIATRIC

Better Health
Molina
Staywell
Sunshine State
Wellcare

WORKERS' COMPENSATION

AIG
Corvel
ESIS
FCCI
Gallagher Bassett
Hartford Ins - Specialty Risk
Liberty Mutual
Marriot
Publix Works Comp
Sedgwick
Travelers
US Department of Labor
Zenith Ins. Co.
Zurich American

Call us to see if we participate with your plan

Accepting Medicare
Accepting most HMO's and PPO's
Accepting Motor vehicle insurance
Accepting Workers Compensation
Second opinions and IME's
Outpatient and Inpatient surgery

Same day appointments
Emergency visits
Early morning appointments
Evening appointments
Letters of Protection, (LOP's)
Se habla Espanol

LOCATIONS

WESTON

1600 Town Center Blvd. • 954-389-5900

PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

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CUSTOM ORTHOTICS THE KEY TO BETTER HEALTH COULD BE RIGHT UNDER YOUR TOES

What is the function of the foot?

The foot functions as a primary "shock absorber" of the body. When the foot hits the ground it adapts to any ground surface. The foot also acts as a "rigid lever" and allows the foot to effectively push off during walking or running.

What do my feet have to do with pain in my ankles, legs, knees and lower back?

Your feet have a direct impact on the rest of your body. Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, a subtle change in the way you walk will cause a chain reaction in your posture. These changes can put stress on joints higher up in your body that may lead to secondary problems.

A custom orthotic from the physicians at Foot, Ankle & Leg Specialists of South Florida will help reduce pain and discomfort by enhancing your body's natural movements.

What are orthotics?

Orthotics are a custom-made insoles. They are constructed from a plaster impression of the foot. Any abnormality or mechanical problem that the foot is experiencing is addressed in the cast impression. The casts are sent to lab and prescription custom insoles are made from them. Small additions called "posts" are added to allow the foot to function at its best.

How do I know if I have a problem?

The symptoms of poor foot biomechanics may include one or more of the following:

- Localized foot pain
- Bunions
- Hammer toes
- Arch pain
- Heel pain
- Knee pain
- Hip or low back pain
- Tendonitis
- Plantar Fasciitis
- Shin Splints
- Stress Fractures
- Recurrent Injuries
- Fatigue with standing or walking

Why would I or my child need orthotics?

Sometimes the foot is ineffective in absorbing shock or very weak when trying to push off during walking or running. Orthotics will help in both cases.

Poor shock absorbing feet can lead to:

- Stress Fractures
- Heel Spurs
- Ankle Instability
- Knee Pain
- Neuromas
- Back pain
- Osteoarthritis
- Achilles tendinitis
- Metatarsal Joint Abnormalities
- Foot Instability
- Turf Toe

Poor ability to push off can lead to:

- Flat Feet
- Shin Splints
- Bunions
- Hammertoes
- Neuromas
- Plantar Fasciitis
- Back Pain
- Osteoarthritis
- Shin Splints
- Ankle Instability
- Arch Pain
- Growing Pain
- Premature Fatigue with Activity
- Overweight
- General Avoidance of Activity
- Poor Cardiovascular Fitness

How the orthotics help?

The foot and lower extremities function best in what we call "Neutral Position". This position allows the foot to function optimally in both absorbing shock and improving stability. Any position in which the arch is too high (cavus foot) or too low (flat foot) doesn't allow this optimal function, and problems can develop in the foot, ankle, knee or back.

Orthotics can mostly, if not completely eliminate fatigue in the feet and legs with activity by providing proper support to the feet and legs. They can eliminate "growing pains" in children and allow pain-free running and sports.

Orthotics can also lessen the stressful impact of the foot on the ground at heel contact. They do so as we add modifications to the device to help absorb shock. Orthotics can also lessen signs and symptoms of foot and ankle instability by adding small "posts" to the device to help even out weight distribution during walking and running. This helps to decrease ankle sprains.

Our patient's will typically be able to run faster and a longer distance without pain in most cases. Extensive walking such as through Disney World would become much easier. Standing at work becomes more pain-free.

Why choose our practice to make your orthotics?

A comprehensive lower-extremity evaluation is performed. We look at joint mobility, muscle strength, ligament stability and specifically how you or your child walks. With all of this information we make a plaster impression of your foot and place it in the optimal position to make the best orthotic for your condition. Small modifications in the plaster impression and the orthotic are made to provide the best short and long term outcome.

What types of shoes are orthotics good for?

Different types of orthotics are made for different types of shoes. They can be made specific to your activities, including:

- Sneakers
- Cleats
- Work shoes
- Cycling shoes
- Heels
- Flats
- Boots
- Running Shoes

How do I get them and how are they used?

An appointment is made with one of the physicians at Foot Ankle and Leg Specialists. A thorough exam is performed to evaluate the lower extremity which includes range of motion, muscle strength, stability and observation of gait. A foot impression is made with plaster. The plaster cast is sent to a lab and the device with all its modifications is sent back to our office in 2-3 weeks. Slow break in process may be necessary to allow the foot and lower extremity to adapt to its proper position. Orthotics may feel great immediately or take a month to get adjusted to. Long term they are best for your overall musculo-skeletal health.

