

STEINBERG PODIATRY ASSOCIATES, P.A.

ORTHOTICS

Orthotics are custom made arch supports. Impressions are made of your feet from plaster of paris, with the foot in an optimal neutral position. These molds are then used by a laboratory to produce an orthotic which is fitted exactly to your foot. Orthotics are often used to treat Heel Spurs, Neuromas, and painful flat feet. They are used to help prevent foot deformities such as Bunions and often slow the progression of these deformities.

Things you can do to make your treatment with orthotics more successful:

- 1) Break in new orthotics slowly, wear them for 1 hour the first day and add 1 hour each day, so that it takes you a whole week before your are wearing them all day. Leaving the orthotics in too long in the beginning will cause soreness in the arch.
- 2) During the first 2 weeks, take the orthotics out for sporting activities
- 3) Always make sure the orthotic is as far back in the shoe as possible, this is especially important for the first few weeks, after that they will seat themselves in your shoes.
- 4) After 2 weeks you should be using the orthotics all the time. Your orthotics are like eye glasses, you must wear them to benefit from them.
- 6) If you would like an additional pair, or a different type to fit different style shoes, they can be made from the same mold at a reduced price.

You can use the information below to determine if orthotics would be reimbursed under your insurance plan.

Sample Prescription For Insurance

Custom Molded Orthotics Procedure code L3000 LT & RT (\$125.00 each foot)
Diagnosis: Heel Spur Syndrome (or your particular problem)