



What To Expect At Your Orthotic Office Visit

Hello and welcome to Rinella Orthotics & Prosthetics, Inc. The following information is meant to help guide you. It is meant to discuss the process that we will both take to fill your orthotic prescription. It will also help you to understand how to use the orthosis (external brace) as it was prescribed by your doctor. At Rinella Orthotics & Prosthetics, Inc. we have trained medical professionals that are American Board Certified to handle the orthotic treatment that you will receive.

Orthoses, professional grade braces that are provided to patients, are items that are applied to the outside of the body to help provide support. The device you will receive can either be prefabricated or we have the ability to custom make them to your size and shape.

Visit #1 : The Evaluation

At your first visit, just like visiting other medical professionals, we will begin by getting basic information from you. This means that we will ask for your name, contact information, your physician's name, your height and weight. We will also assess your physical strengths and weaknesses as it pertains to the device you will receive. Your treatment goals and expectations will be discussed as well. Moreover, we will discuss with you insurance regulations prior to the delivery of any device, so that you can have a clear understanding of this process.

For items that are prefabricated, it is very possible for you to be provided with the device on the same day as your initial evaluation. On occasion, some items have to be ordered and you will receive the orthosis within days of the time the order was placed.

For items that are custom fabricated, typically a cast impression and measurements are taken at the first visit by a licensed medical professional. The impression and measurements are needed to fabricate your device exactly to your size and shape.

Helpful Tips :

- 1.) It is best to bring your Rx (prescription), any x-rays, notes and information about your case.
- 2.) If you have them, bring your previously worn braces and most commonly used shoes for evaluation.
- 3.) Wear comfortable clothing (shorts can sometimes be helpful at your initial visit).
- 4.) It is ideal to measure compression garments in the am hours.



Visit #2 : **The Fit & Delivery Visit**

When you arrive for your second visit, the device that your physician requested will be ready. Typically, the brace will be applied and it will be further customized to your size and shape. Many times the second appointment can take up to an hour. At the conclusion of this visit, you can expect to have a good understanding of :

- 1.) How your device functions.
- 2.) How to clean and maintain the device.
- 3.) How your doctor has ordered the device to be used
- 4.) Any questions about the medical grade brace will be discussed.

Visit #3 : **Follow Up Appointments**

You are always welcome to come back for follow up appointments, if needed. Sometimes people have more knowledge about how their orthosis feels after wearing it for some time. As a result, it is possible for a person to have different questions as time goes on. These follow up visits can be required to help make sure your device is functioning as well as possible for the entire duration of your treatment. It is important to wear your device to follow up appointments. These follow up visits can also be coordinated with your team of medical professionals. In other words, Rinella Orthotics & Prosthetics, Inc. can be present to discuss your treatment with your physician, physical/occupational therapist, wound care specialist or other medical professionals present.

If you do have any questions / concerns it is important to notify Rinella Orthotics & Prosthetics, Inc. so that we can continue to provide you with optimal service.