

Ankle + Foot Surgeon  
**Dr. John B. Gregory**  
*mindful care for the active sole*

Active Ankle + Foot Center

SURGERY + SPORTS MEDICINE + DIABETES + TRAUMA

## WHAT CONDITIONS DOES DR. GREGORY TREAT?

*Ankle and foot fractures • Tendon and ligament ruptures  
 Sports and work related injuries • Flatfoot and high-arch foot reconstruction  
 Tarsal tunnel syndrome/pinched nerves/neuromas • Tendonitis and arthritis  
 Heel pain • Bunions • Ingrown and fungal nails • Infectious conditions and ulcers  
 Corns and calluses • Diabetic foot management and prevention*

## FOOT FACTS:

**F**oot problems will be experienced by nearly 75% of all Americans during their lifetime.

**E**very day, the average person takes about 8,000 to 10,000 steps. That adds up to about 115,000 miles in a lifetime – more than four times the circumference of the earth.

**E**ach foot is an intricate structure containing 26 bones. It is held together by 33 joints, 107 ligaments, 19 muscles, and a variety of tendons. This extraordinary biomechanical combination allows the foot to move in many different ways.

**T**he 52 bones in your feet make up about one-quarter of all the bones in your body. There are times when you are walking that the pressure of your feet exceeds your body weight. If you are running, that pressure can be three to four times greater than your body weight!

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## Rx Orthotic and Brace Brochure/Contract



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# Active Ankle



# Foot Center

## WHAT ARE CUSTOM ORTHOTICS?:

Orthotics are devices that are placed within a shoe, underneath the foot. Usually a combination of a hard plastic-like material and a softer, shock-absorbing layer, these devices are handmade from a plaster mold of your foot. They are designed to control or support a foot that has excess contours or excess motion creating deformities and/or pain in the foot, knee, hip, and/or back.

Orthotics function by supporting the entire plantar (bottom) surface of the foot, thus dispersing pressures evenly and eliminating high pressure areas that can create pain. In a flatfoot, an orthotic will re-create an arch, whereas



in a high arch, it will both support and shock absorb. Control of the foot is directed toward a neutral position of the foot joints for ideal alignment. This is usually achieved by external and internal posting and padding.

## WHO NEEDS THEM?:

As with all things in life, a solid foundation is the key to stability. The foot is our body's ultimate foundation, and if it is out of alignment, then injury can result and healing can be

difficult. It is typically the flatfoot that requires support, but a high arch often can benefit as well. Orthotics are utilized for treating and preventing bunions, hammertoes, neuromas, plantar fasciitis, ligament-tendon injuries, and arthritis of the foot, ankle, knee, and hip.

Cost: \$375.00

Any "custom" orthotic device should involve an exam evaluating foot-leg-body mechanics (gait analysis) as well as a casting of your foot. Custom orthotics should only be prescribed by a trained medical professional who will provide follow-up evaluations to confirm effectiveness and to make modifications for proper fit and function.

Custom orthotics are handmade via a multi-phase process utilizing expensive materials. These devices are made specifically for your foot, and no other person can use the device. For this reason there is a nonrefundable deposit (\$187.50). In instances where the orthotic fit is incorrect, or not tolerated, a refund is considered.

## Policy:

Orthotics are not typically reimbursed by insurance companies. Due to constantly changing insurance bylaws and reimbursement guidelines, AA+FC requires the patient to pursue reimbursement directly from their insurance provider.

## Construction/Timeline:

The construction of orthotics can take 2-4 weeks. The process starts with an office visit for evaluation and then usually a second visit for casting. Casting is the creation of a plaster mold (slipper) of your foot or ankle. The cast is sent to the lab and construction is completed. You are contacted when the orthotic is available for dispense. This is usually an office visit to confirm proper fit and explain adjustment period. Follow-up varies based on diagnosis, orthotic fit, and design.

## Adjustment Period:

This is the time after the orthotic is dispensed, lasting about 2 weeks. The orthotics are changing the position of your foot and leg and will take time to adapt. The usual recommendation is increasing hourly increments per day (i.e. one hour on day one, two hours on day two, three hours on day three, etc...). It is important to realize that you will be removing the orthotics daily as needed for subtle discomfort, but if there are any hotspots or consistent discomfort then please contact the office. After 2 weeks you should be able to wear them all day. Do not attempt high-impact activities (running, long distance walking, hiking, skiing, etc) until you can wear them for a full 6 hours without pain.

## Contract:

Before starting the construction process, you will be required to acknowledge (by signing below) that you have read, understand, and agree to the policies regarding orthotics.

PatientName(print): \_\_\_\_\_

Patient/Parent/POA: \_\_\_\_\_

Date: \_\_\_\_\_

Nonrefundable deposit: \$187.50 \_\_\_\_\_