



Orthotic Frequently Asked Questions

Below are many of the Frequently Asked Questions regarding orthotic patient care that we hear from our patients. Please feel free to contact us with any and all questions that you may have. We look forward to talking with you.

Why do I need an orthosis?

Patients require orthotic devices for many reasons - to promote healing, to functionally assist a weak limb, to control pain, or to facilitate rehabilitation. In most cases, orthotic bracing is determined by a team of specialists including your therapist and physician who determine that you have a need for an orthosis. Your orthotist is trained as an expert to determine the scope and design of that orthotic device. It is important to understand that your orthotist does not issue the prescription for a brace, but your physician holds all final decisions for the need and ultimate results that they want to see for you from your brace.

How will I be evaluated for my new orthotic device?

Your orthotist will conduct a very detailed assessment to determine the proper orthosis for you. Walking evaluations, muscle strength, flexibility, and lifestyle goals are categories that will be focused on during your examination. Measurements are recorded and for custom devices an impression of the body region requiring the orthosis will be taken. Impressions, or “casts”, come in all shapes and sizes, and use a variety of materials.

When can I expect to receive my new orthosis?

If you are being issued a prefabricated device, you may receive it on the day of your first appointment but that will likely depend on your specific insurance company. At POA, we take proper insurance billing very serious. Certain paperwork (prescriptions, physician documentation, pre-authorization, and letter of medical need) will need to be in your file before we can deliver your device to you. This may delay your delivery, and we may ask you to contact your physician if we are missing anything.

If you are being fit with a custom device, that type of orthosis requires fabrication either in our fabrication lab or in combination with an outside facility. Depending on your paperwork and the ability to obtain any specialized parts, your project could take 3-5 weeks to complete. Be assured that we will be working hard to fabricate your device as quickly as possible.

Will my orthosis fit perfectly when I receive it?

Due to the nature of orthotic devices, whether custom or prefabricated, slight adjustments may be necessary for many braces. When you arrive for your delivery, you will wear your device in the office and do a variety of small activities with your orthotist. We will perform all of the immediate adjustments that are necessary at that time. Once comfortable, although perhaps not perfect, we will have you wear the orthosis to break it in over a period of 2-3 weeks. Most remaining issues resolve on their own as you become accustomed to the new device. At your first follow up appointment, we will seek to resolve the remaining issues.



Is my orthosis going to be ugly?

Depending on your specific orthoses, your device may not be the most fashionable thing you can wear. We offer a variety of color and design options that will help to make your orthotic device look as “non-medical” as possible. Keep in mind that the intent of the orthosis is not to wow the fashionistas, but to help you regain your functional lifestyle.

Are there color options available?

We offer a wide array of colors, design sleeves, skin pigmentations, and padding colors to help the appearance of your orthotic device. Please ask your orthotist about these options.

How long will an orthosis last?

The life of an orthotic device is very dependent on how it is worn along with how the orthosis is cared for and maintained. Most insurance will only allow for a new orthosis to be provided every three to five years unless there has been a significant change in your condition. The justification for replacement of an orthosis will need to be documented by your physician along with a new prescription. Follow up appointments with your orthotist every 6 months help to determine how well your device is functioning.

How much will this orthotic device cost me?

This is a very difficult question to answer as the pricing can vary greatly depending on the type of device and your insurance benefits. Our administrative team will review your insurance benefits and will give you a detailed estimate of your potential cost. Please keep in mind that these are only estimates as insurance carriers reserve final payment decisions until a medical review is conducted. Please direct any financial questions to the administrative team.

What do we do if I hate my brace?

We are happy to adjust any orthotic device to meet your goals, and we will work with you to make this process as stress free as possible. You need to keep in mind, however, that your orthosis is a custom-made, medical device that is created to help you with specific functional limitations that you are experiencing. If you are hesitant about using an orthotic device, please discuss your concerns with your medical team and the POA staff prior to committing to a device.