

## Orthotic Office Visit Expectations

Welcome to Scheck and Siress. The following paragraphs will help you to better understand the process we will take to fill your orthotic prescription and help you use the orthosis as prescribed by your physician. An orthosis or brace can best be described as a device applied to the outside of the body to support a body segment. At Scheck and Siress we have American Board for Certification staff trained to handle all aspects of orthotic care.

Your device will be fit to you from pre-fabricated or sized stock items, or custom fabricated from a cast impression and measurements.

Visit #1: **Evaluation**

During your first visit we begin by getting information from you. This includes your name, address, phone number, doctor's name, your height and weight, medical history and an assessment of your strength, activity level and goals. We will explain the prescription your doctor has written and discuss treatment goals and expectations. We will also work with you to understand the insurance regulations and process.

For pre-fabricated or sized items, you may receive the device the same day as your initial evaluation. Although we attempt to have commonly prescribed devices in stock, it is not possible to carry all items. Your device may have to be ordered or it may take more than one appointment to custom fit the device to meet your needs.

For custom fabricated items, a cast impression and measurements will be taken during the evaluation appointment. These items will be used to fabricate your device in our state of the art laboratory. A fitting appointment will be made so you know when your device will be ready.

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<p><b>Arlington Heights</b> 617 E. Golf Road, Suite 108 Arlington Heights, IL 60005 847-437-3929</p>	<p><b>Bannockburn</b> 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690</p>	<p><b>Lincoln Park/Chicago</b> 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663</p>	<p><b>Rush/Chicago</b> 1725 W. Harrison St. Suite 220 Chicago, IL 60612 312-942-2011</p>	<p><b>UIC/Chicago</b> 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450</p>
<p><b>Hickory Hills</b> 8641 W. 95<sup>th</sup> St. Hickory Hills, IL 60457 708-599-8336</p>	<p><b>Naperville</b> 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638</p>	<p><b>Oakbrook Terrace</b> 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392</p>	<p><b>Oak Park</b> 401 Harrison Street Oak Park, IL 60304 708-383-2257</p>	<p><b>Schererville</b> 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501</p>

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Helpful Tips:

- Bring or be prepared to discuss your case (prescription, x-rays, notes, names & phone numbers of other treating health care professionals)
- Bring old braces and shoes for the evaluation
- Wear loose fitting clothing (shorts are often helpful)
- Compression Stockings must be measured in the morning
- Scoliosis treatment requires specialized equipment-please notify us when making your appointment

Visit #2: **Fitting and Delivery**

At this appointment, the device prescribed will be ready to be custom tailored to you and your needs and will be ready to take home. Most appointments will take about 1 hour. At the end of this visit you can expect to understand how your device works, how to clean and care for the device, how the physician has ordered the device be used, and have all of your questions answered. Observing your orthosis in use will allow the orthotist to optimize the fit and function of the device.

Visit #3 **Follow up**

Based on your initial evaluation (visit #1), a care plan will be discussed with you and scheduled. These appointments are scheduled as necessary to help you maintain your orthosis and keep it functioning for the full length of treatment. The appointments are often scheduled in coordination with physician, physical/occupational therapy session, wound care or other treatment appointments.

- Please wear your brace to the office for follow up appointments

If you have questions or concerns in between your scheduled appointments or after your last appointment, please call the office so this can be addressed by telephone or altering your appointment schedule.

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