

Questions to ask about orthotics

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When seeking orthotics, here are some questions you should ask:

1. What are orthotics, and how can they help with my specific condition or concern?
2. Do I need custom orthotics, or are off-the-shelf options suitable for my needs?
3. How will orthotics address my symptoms or improve my mobility?
4. Can orthotics prevent further injury or discomfort?
5. How long do I need to wear orthotics each day, and for how long will I require them?
6. Are there any specific activities or footwear that I should avoid while using orthotics?
7. Will orthotics fit in my current shoes, or do I need to purchase specific footwear?
8. How often should I replace my orthotics, and what signs indicate the need for a replacement?
9. Can I use orthotics in multiple pairs of shoes, or do I need separate pairs for different activities?
10. Are there any potential side effects or risks associated with wearing orthotics?
11. Can orthotics be adjusted or modified if I experience any discomfort or changes in my condition?
12. Will my insurance cover the cost of orthotics, or are there any financial assistance programs available?
13. Do you have any recommendations or guidelines for maintaining and cleaning the orthotics?
14. Are there any alternative treatments or therapies I should consider alongside orthotics?

Remember, it's important to consult with a qualified healthcare professional or orthotist who can assess your specific needs and provide personalized recommendations.

You can email at drstern@orthotics4u.net me if you have any questions about orthotics.