

TREATMENTS

In addition to stretching and icing, there are many additional treatments that may help your condition.

Custom Foot Orthotics - Custom medical devices prescribed by a foot and ankle surgeon to help support and align the foot and lower extremities. They are different than shoe inserts and arch supports because they are made to help your foot function properly and can be used to accommodate prominent areas. In most cases, orthotics will help avoid the need for surgery.

Night Splint - Medical device that maintains an extended stretch of the plantar fascia while sleeping. In the short term, this will reduce the morning pain experienced by patients. More importantly, over the long term, this will help improve flexibility and functionality of the foot and ankle and therefore help resolve the condition.

Shockwave/EPAT - Extracorporeal Pulse Activation Technology (EPAT) uses pressure waves that stimulate metabolism, enhance blood circulation and accelerate the healing process. Damaged tissue gradually regenerates and eventually heals. The treatments take about 10 minutes in the office and are non-invasive. Generally, 3 treatments are needed at weekly intervals, though depending on severity and the condition, additional treatments may be needed.

Steroid Injections - Medication injected directly in to the area to provide pain relief. Most people experience pain relief in about 2 days, however it can take up to a week to take affect.

Amniotic Injection - Amniotic injections are growth factors and other elements found within amniotic fluid and the amniotic membrane. They are processed into a usable form and then injected directly in to the site of tissue injury or damage. Once present at the site, the growth factors can naturally stimulate cells to accelerate healing and recovery. Some patients require 2 or more injections, typically given about 6 weeks apart.

Surgical Release - In some cases, surgery may be recommended. This condition is usually treated conservatively, but occasionally surgical release is indicated if conservative care fails to resolve the condition.

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Insurance Coverage

Night splints, surgery, and steroid injections are typically covered benefits with insurance. We always recommend that you contact your insurance to determine your benefits.

Custom orthotics are often a covered benefit with insurance, but not always. We will contact your insurance to determine if it is a covered benefit and if any pre-authorization is needed. Unfortunately, a quote of benefits is not a guarantee of payment, and we always recommend that you also contact your insurance company to determine your benefits. We do offer special self pay pricing for patients whose plans exclude custom foot orthotics.

Amniotic Injections and Shockwave/EPAT are not a covered benefit through insurance, and payment is due at time of service. Our front desk staff can provide you the most current information regarding pricing and payment plans.