

# What Happens at the First Upper Limb Appointment

## 4 QUESTIONS TO ASK WHEN SCHEDULING YOUR APPOINTMENT

- **Does Hanger Clinic accept my insurance plan?**

Contact your insurance provider and local Hanger Clinic office to confirm if your insurance plan is accepted.

- **Will Hanger Clinic coordinate prior approvals for me, if needed?**

Yes, Hanger Clinic will work with your insurance provider to coordinate prior approvals and coverage benefits.

- **What should I bring to my appointment?** This may include your ID, insurance card, medical records, prescription, and a pen and paper to take notes.

- **Should I wear anything specific?** We recommend comfortable clothing and wearing a short sleeve shirt or tank top to your appointment.

Your first appointment with a prosthetist starts



to lay the groundwork for getting a prosthesis. Be sure to bring along your support person when possible. They can take notes for you, remind you to ask questions, and develop a solid understanding of life with a prosthesis, so they can support you going forward.

## YOUR FIRST VISIT

### Your prosthetist will get to know you by asking questions about:

- Any work you've done with a physical and/or occupational therapist
- Past and present activity level
- Your occupation and career path
- Hobbies and interests
- Future expectations and goals



### Talking about your occupation, activities, hobbies, and interests is important.

Whether it's common household chores like taking out the trash and mowing the lawn, or a favorite sport or hobby, how you want to use your body after limb loss affects your prosthesis design.



### Ask questions and express any concerns.

This is very important to build trust with your prosthetist and make sure your prosthesis serves your needs. Your prosthetist may also provide you with materials to read or videos to watch so you can learn more at home.

**Your prosthetist may take measurements of your residual limb.** If this does not happen at your first appointment, it will happen at a future appointment.



For more information, scan the code or visit [HangerClinic.com/ULResources](https://www.hangerclinic.com/ULResources).

\* Hanger Clinic Upper Limb Prosthetic Specialty Network

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