

DIABETIC FOOT CARE PROGRAM

There are approximately 26 million people in the United States with diabetes, many of whom experience medical issues with their feet and legs because of neuropathy, loss of sensation and poor vision. Proper care can avoid problems that may lead to amputation. Your mobility and quality of life depend upon close inspection, proper shoes, lifestyle choices and a commitment to your treatment plan.

ORTHOTIC AND FOOT CARE TREATMENT PROGRAM

Hanger Clinic offers a comprehensive approach to maintaining the health of your feet. Diabetic foot care is part of an integrated rehabilitation process, and your relationship with your orthotist/pedorthist is a lifelong commitment to your health, walking ability and independence.

Together with your physician, your orthotist/pedorthist will design a treatment program to meet your needs. This may include extra-depth or custom shoes, custom insoles, healing shoes, shoe modifications and/or ankle-foot orthoses.

Here are a few questions you may want to ask at your first appointment:

- What experience do you have working with people who have diabetic foot issues?
- Will you accept my insurance and secure any necessary prior approvals for my care?
- Will I receive instructions on how to use, clean and care for my orthotic devices?
- How long will this device last before I need to have it replaced?

WHAT'S NEXT?

We want to make sure you understand the steps and timing to get your prescribed devices. In particular, Medicare has strict requirements regarding the fulfillment of diabetic foot orthoses.

1. You will need to bring the following to your initial evaluation appointment:

- A prescription* for all required diabetic foot items such as inserts, shoes or shoe modifications, signed at an in-person appointment within the last 6 months, including your diagnosis and diabetic treatment history.
- A Statement of Certifying Physician* completed by the MD/DO treating your diabetic condition, signed within the last 3 months.

2. At your evaluation, we will take your measurements and then order your prescribed devices.

3. It may take approximately 3 to 6 weeks to process your paperwork before your product(s) arrive.

4. We will then schedule your fitting and delivery appointment. You must be seen in person on the day you take the devices home.

NOTE: Medicare pays up to 80% for these services. Any balance will be sent to your secondary insurance if applicable.

*Required by Medicare. See a full list of Medicare requirements at bit.ly/medicare-requirements-list and the Statement of Certifying Physician form at bit.ly/physician-statement.

PERSONAL HYGIENE AND SKIN CARE

Practice good hygiene habits by cleansing and thoroughly inspecting your feet and wearing clean socks each day. If you have trouble with your vision or find it difficult to see your feet, enlist the help of a family member.

KNOW YOUR FEET: Inspect the top, bottom, sides and between your toes daily using a mirror. Look for blisters, sores, cracks, cuts, calluses or corns. Report any changes to your physician or orthotist/pedorthist immediately.

CLEANING AND SOFTENING: Wash daily with mild soap and lukewarm water. Dry thoroughly. Apply cream or lotion on tops and bottoms only, not between toes.

TOENAIL CARE: Trim right after your shower or bath. If you have a neuropathy, poor vision and/or extremely thick toenails—STOP—and enlist the care of a podiatrist!

OVER-THE-COUNTER REMEDIES: Do not use corn or wart removers or remove corns or calluses with a razor blade. Do not warm up cold feet with a heating pad or hot water bottle. Always check with your doctor first.

FOOTWEAR: Always wear the proper shoes with clean socks; never walk barefoot. Examine shoes for signs of wear.

HEALTHY LIFESTYLE TIPS

- Watch your blood sugar
- Eat nutritious foods
- Inspect your feet daily
- Participate in an exercise program
- Communicate
- Don't smoke
- Don't drink excessive alcohol
- Don't sit or lay with crossed legs or ankles
- Don't wear sandals with thongs
- Don't use adhesive tape
- Don't soak your feet

ABOUT HANGER CLINIC

Hanger Clinic is the nation's largest provider of orthotic care with approximately 800 locations across the United States. Our team includes 1,500 highly skilled clinicians who are committed to helping all patients reach their full potential.

We have extensive experience creating custom foot orthoses, such as diabetic insoles and arch supports that are adjusted or custom-made to fully contour to the plantar surface of your foot. We also offer specialty footwear made from breathable materials and designed to cushion while supporting the ankle, arch and heel. By evenly distributing body weight across the foot, these shoes help prevent painful pressure points, blisters and sores. The extra-depth shoe design allows room for special foot orthoses.



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