

Orthotics Needs Self Assessment

Do you experience any of the following symptoms?

- 1) Sore feet including sore arches, toes, heels or general pain and/or numbness?
- 2) Plantar fasciitis?
- 3) Bunions?
- 4) Shin splints running down the inside or outside of your lower leg?
- 5) Knee pain when walking or running?
- 6) Hip or low back pain?
- 7) Piriformis pain (pain located in lower buttock area) after low to moderate activity such as standing or walking for prolonged periods of time?
- 8) Do you enjoy walking, jogging or running for more than a couple hours a week?
- 9) Ilio-Tibial Band (ITB) syndrome (tightness and pain running down the side of your leg from the knee to the hip?)
- 10) Do you have diabetes?
- 11) Do you suffer from arthritis in any of your lower extremities?
- 12) Are you overweight?

If you were able to check off more than 4 of the above mentioned symptoms, you may qualify for a pair of custom made foot orthotics. Many of our problems stem from the major foundation of our body: our feet. By being proactive today and trying to correct the improper biomechanics in our feet today, we can prevent further complications in the rest of our bodies. Custom orthotics can also help compensate some of the above mentioned problems with our body. Ask Dr. Pope if custom made orthotics can help you today.



Do you have to attend?

1. Because you have contracted with the insurance company, there is a Cooperation Clause, which requires you to attend the examination.
2. If you do refuse to attend, the insurance company can cut off PIP benefits without requiring a doctor's opinion.

How Should you prepare for a PIP IME? These are really important.

1. Be prepared. Have a general understanding of the medical treatment and injuries since the accident.
2. Bring someone with you.
3. Be believable. You don't have to do any convincing that you were injured, but you need to be truthful without exaggerating the symptoms. Otherwise you risk losing credence to your case.
4. Only answer the questions that are asked of you. This is not a social visit, so avoid chattiness and giving more information than the doctor asks for.
5. Watch out for traps. The examining doctor may say, "This hurts, right?" when in fact they know it does not hurt. They want to see if you are exaggerating your pain complaints. The examining doctor will also be looking for "Waddell's signs," which attempt to suggest psychological factors involved in the pain complaints.

This information is from Graham, Lundberg & Peschel's "Guide to Recovery and Resolution." Graham, Lundberg & Peschel are personal injury attorneys from Seattle Washington.