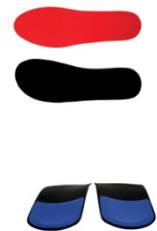


GaitScan, Custom Orthotics, & YOU

Today you will learn a great deal about your posture, walking (gait) pattern, foot function, and the biomechanics of how you move through life. You will take part in a dynamic walking gait analysis using the GaitScan System. As part of this process you will undergo a clinical biomechanical examination with a qualified practitioner. The aim of this clinical examination, along with the GaitScan analysis, is to determine if you are a candidate for Functional Orthotic Therapy (FOT) as part of the overall plan of management of your condition(s). The scan and examination are pain-free and easy to do - all you will have to do is stand, walk, and then lie on the examination table. **Please be aware you will be required to be barefooted for this examination, and will be asked to roll trousers to above the knee.** The session will last approximately **1 hour**.



Foot orthotics are orthopedic devices/ insoles that fit into your shoes to help correct faulty mechanics within the foot during standing, walking, and running. If the foot is moving incorrectly, this puts stress on the joints and muscles of the foot as well as up through the other weight-bearing joints of the body such as the ankles, knees, hips, pelvis and spine. Supporting and balancing the foot is often used by healthcare professionals as part of an overall treatment plan, to address chronic conditions that are unlikely to respond to standard treatment protocols.



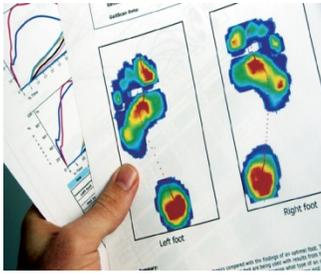
There are a variety of types of orthotic devices that can be selected to match your specific clinical and foot wear needs. To help us to identify the best type of orthotics for you, please tick the appropriate boxes below. Please describe the types of footwear that you use by indicating **what percentage of a typical week you wear that type of shoes**.

Shoe type (women)	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
LADIES High heeled dress-up										
LADIES Slip on "court" shoes with low heels										
LADIES Lace up dress shoes with low heels										
LADIES Casual Lace up shoes										
MENS Slip on Dress Leather										
MENS Lace up dress leather										
MENS Lace up casual										
Trainers										
Work boots										
Walking / Tramping boots										

What is your occupation: _____

What do your daily activities include: []sitting ___ hrs/day []standing ___ hrs/day []walking ___ hrs/d

Before your GaitScan, the practitioner will ask you some questions about your healthcare challenges, your footwear, and other related issues.



Following your GaitScan and the preliminary observations, they will conduct the clinical examination. The findings from the GaitScan and the clinical exam will be reviewed with you using the printouts from the GaitScan analysis. Based on these findings, the practitioner will make recommendations regarding whether or not you are a candidate for orthotic therapy, and what type of orthotics would be best for you, based on your lifestyle, activities, and footwear.

If you are a candidate for FOT, the practitioner will recommend the type(s) of orthotics that would be best for you. There are orthotics for casual wear, dress wear, various work environments, and for most sports. The best orthotic for you is the one you will wear most of the time, which means that it must fit in the shoes you wear most of the time. For most men and some women, one pair will be sufficient, and will simply be transferred from shoe to shoe. In some cases, you will want more than one pair to be able to have orthotics under your feet most of the time. For many women, and some men, the dress leather shoes that are worn for work fit very tightly against the foot and therefore require a 'Dressflex or Fashionflex' orthotic. However, this would not be sufficient for sport or environments where you were on your feet for long periods of time. So, there are some considerations when choosing which orthotics will work best for you. The practitioner will discuss these things with you before you decide what you want to do.

If you decide to purchase custom orthotic devices, the details of your clinical examination and GaitScan data are sent to the TOG laboratory in Canada. They are manufactured to your custom specification for your needs, and are then posted back to us. This process takes approximately 21- 30 days. So, you will be asked to make a follow-up appointment at this clinic to have the devices dispensed to you. This is a **20** minute visit that involves fitting the orthotics to your footwear and assessing how they function in the footwear. There will be detailed instructions regarding how to wear in the orthotics during the "adaptation period" of about 2-4 weeks. There is also advice given regarding any additional treatment that may be required for the best outcome. Appointment fees for any ongoing care will be charged at **\$49** per visit. For your dispensing appointment, please ensure you bring your shoes with you so we can be sure the devices fit.

The fee today for the clinical examination and GaitScan Analysis is **\$80**. The price for the first pair of orthotics is **\$400**. If you require a second pair of devices, these are discounted to **\$350**. For children **16 years and under**, orthotics are **\$300** per pair as they will have to be re-scanned and new orthotics ordered every time their feet undergo a significant growth spurt (approximately twice a year).

Please note that orders are placed on the same day as your consultation. Once an order has been placed it immediately goes into production, as the lab is a day behind us in time, and we at Ultimate Physio are billed in full upon ordering. We are therefore unable to cancel any orders once they have been placed with our suppliers in Canada, as each orthotic is designed to meet your unique needs and it cannot be recreated for anyone else.

[] I have read and understand the details outlined above, regarding GaitScan and Functional Orthotic Therapy, as provided by _____ of **Ultimate Physio**.

Signature: _____ Printed Name: _____

Date: ____/____/____