

# Cast Clinic Referral & Treatment

## 1. Self or Primary Care Physician Referrals accepted

- a. **Self** - Clients will be seen by our Nurse Practitioner(s) and Orthopedic Technician for initial assessment. X-ray/imaging at Insight Imaging across the street as required, reassessment by our practitioners, followed by cast/brace in our Cast Clinic. (Total process averages 2 hours)
- b. **Primary Care Physician** – RX/Referral Form and Imaging Reports faxed. Client to call to book appointment with our Orthopedic Technician, normally same day.
- c. **Follow up appointments** with our nurses and reports to Primary Care Physician will be provided.

## 2. Fees/Billing

- a. Typical private pay cost of assessment/treatment = \$30 Cast Clinic Consult Fee + cost of cast/brace. (Average total cost \$55). (Fees subject to change without notice)
- b. FREE parking. Same day appts. Zero to min. wait time. No need to wait in an ER.
- c. Open 6 days/week. Receipts provided for private insurance reimbursement.
- d. Currently, direct billing is available to WCB, Veterans Affairs, NIHB.

## 3. Initial Cast Clinic Appointment –

- a. Comprehensive Assessment of injured limb
- b. Client centered discussion for choice of cast/brace options to suit their lifestyle and budget
- c. Innovative off-loading options provided such as affordable knee scooter rentals, IWalk Hands Free Crutch, walkers, etc.
- d. Aids for daily activity such as shower covers/benches, etc.
- e. Innovative options to expedite bone healing such as:
  - i. Melmak Low Intensity Pulsed Ultrasound (LIPUS) Device. LIPUS devices have been clinically proven to support and accelerate the healing process of acute as well as delayed and non-union fractures.
  - ii. Firefly™ Neuromuscular Stimulation to increase blood flow to lower legs

## 4. Comprehensive Education - verbal/written, regarding the importance of bone/joint/muscle health, how to eat well for bone/muscle healing, cast/brace care, adaptations for daily living and complication prevention provided at every appointment.

## 5. Specialist referrals as required to:

- a. Physiatry
- b. Neurology
- c. Physiotherapy
- d. Massage Therapy
- e. Orthopedic Surgery
- f. Podiatrist/Orthotist
- g. Functional Capacity/Gait Assessment
- h. Vascular Surgeon
- i. Plastic Surgeon
- j. Social Worker
- k. Dietician
- l. Other

## 6. Follow-up Appointments

Follow up appointments booked with Physiatry according to AHS standard fracture protocols and/or per physician recommendation.