
Preparing for your initial appointment



This appointment involves getting to know you, your condition, medical history and goals. We will perform a biomechanical assessment, which includes gait analysis and assessing joint range of motion and strength.

Based on your evaluation, we will create a brace based on your specific biomechanical and lifestyle needs. And it's a collaborative effort.

Here is a simple checklist to help you prepare for assessment with your Certified Orthotist CO(c).

What to bring:

- Health card
- Prescription or Assistive Devices Program (ADP) form
- Diagnostic images, if provided by your doctor
- Proof of ODSP, ACSD, Ontario Works coverage
- WSIB or Motor Vehicle Accident claim number and case worker information
- Forms required for private insurance*

What to wear:

- Loose fitting pants or shorts (assessment of lower legs)
- Tank top (assessment of back or shoulders)
- Compression garments
- Shoes (plus any additional shoes you would like to wear your orthosis with)
- Your current orthosis/brace if you have one (even if your not wearing it right now)

Other things to consider:

- Bring family members and care providers who will be involved in your care
- Translators or interpreters if needed



Interested in learning more about what will be involved in your initial assessment?

Visit our youtube page "Boundless Inc."

**while we do not bill private insurance companies directly, we are happy to provide you with the necessary forms and documentation that your particular insurance plan requires.*