



*Step Up to Life*

# Dickson Orthotics & Prosthetics

## NEWSLETTER



April - June 2013

127 Crestview Park Drive, Suite 104, Dickson, TN 37055

### Dorsal Night Splint

#### *Treatment for Plantar Fasciitis*

##### SYMPTOMS

If you experience a dull or sharp pain in the bottom of your heel, you may have plantar fasciitis. Usually, the pain will be worse in the morning when you first step out of bed, after long periods of standing or sitting, when climbing stairs or after intense activities.



##### CAUSES

Plantar fasciitis is an inflammation of the tissue on the bottom of the foot. It can be caused by various reasons such as flat feet, wearing shoes with poor support, overuse of the foot, or weight gain.

##### DIAGNOSIS

Your health care provider can determine if you have plantar fasciitis by examining your feet for tenderness, swelling, redness, stiffness or tightness of the arch in the bottom of your foot.

##### TREATMENT

Your health care provider may prescribe a dorsal night splint. A dorsal night splint is worn while sleeping and stretches the achilles tendon and plantar fascia ligament.

*For more information on dorsal night splints please call 615-740-0177.*

### Make An Appointment

# 615-740-0177

We are open Mon-Fri  
8am - 4:30pm

### Staff Directory

Fernando Lara  
*Certified Prosthetist and Orthotist*

Jackie Cheuvront  
*Billing Manager*

Aireal Choate  
*Receptionist*

### Services we Offer

- Upper and lower limb Prosthetics
- Diabetic Shoes and Inserts
- Spinal Braces
- Knee Braces
- Wrist Braces
- Clavicle Braces
- Cervical Brace
- Custom AFO and KAFO

### Important Dates

Sunday, May 12, 2013  
Mother's Day

Monday, May 27, 2013  
Memorial Day -Office Closed

Friday, June 14, 2013  
Flag Day

Sunday, June 16, 2013  
Father's Day

# April is Limb Loss Awareness Month

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According to the Amputee Coalition website, there are nearly 2 million people living with limb loss in the United States. At Dickson Orthotics & Prosthetics, we are here to provide excellent patient care, education and resources for our patients and their families.

We offer complete patient care coordination from start to finish. We will ensure close communication with physicians, therapists, nurses, cases managers, and social workers. Our billing manager pro-actively obtains all required insurance documentation, authorization and handles all insurance appeals for you.

Our prosthetic devices are fabricated on site, which ensures high quality devices quickly, so you can get back to life. We provide:

- Pre- Fitting Consultations
- Shrinker Sock Fittings
- Limb Protectors
- Initial Prosthetic Devices
- Preliminary Gait Training
- Replacement Sockets & Components
- Definitive Prosthetic Devices
- High-Realism Finishing

## Reminder!

Our office will be  
**CLOSED MONDAY, MAY 27, 2013**  
in observance of Memorial Day.

Selecting the right practitioner is an important decision. The prosthetic fabrication process requires multiple visits and it's important the patient feels comfortable.

Dickson Orthotics & Prosthetics takes pride in the fact we are a locally owned and operated facility with strong values. We offer big city technology with a small town feel. At Dickson Orthotics & Prosthetics we know our patient's by name, not a number.



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### Do you have a story to tell? Tell us!

We would like to feature your story or question in the next newsletter. Call us at 615-740-0177 or email [jackie@dicksonop.com](mailto:jackie@dicksonop.com) for more information.

### Diabetic Shoes and Custom Inserts

Don't forget! Most insurance plans cover one pair of shoes and three pairs of custom inserts per calendar year. If you have not received these benefits for 2013 be sure to make an appointment today!