



We have three offices to serve your patients:

Bakersfield

2624 F. St.

Bakersfield, CA 93301

Ph: 661-323-5944

Fax: 661-323-2820

Santa Maria

622 E. Main St.

Santa Maria, CA 93454

Ph: 805-925-6144

Fax: 805-925-2746

San Luis Obispo

842 California Blvd.

SLO, CA 93401

Ph: 805-541-3800

Fax: 805-541-3818

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ACHILLES

PROSTHETICS AND ORTHOTICS

Who We Are

Since 1978, Achilles Prosthetics and Orthotics, Inc. has recognized the value of every person and is guided by our commitment to excellence in quality products and patient care.

Our greatest reward is experiencing the profound difference we make in the lives of others. By providing exemplary care for each of our patients with the provision of highly specialized services to the communities that we serve and balancing the continued commitment to the care of all in need, we constantly strive to build a health care environment where each person is valued, respected and has an opportunity for personal, physical and professional rehabilitation.

It is through this commitment in advancing excellence in prosthetics and orthotics and demonstrating social responsibility through the just use of our resources that we attain these fundamental goals.

The commitment of our professional staff to our mission permits us to maintain the highest level of quality and tradition of caring and compassion which are the benchmarks of Achilles Prosthetics and Orthotics, Inc.

Achilles is affiliated with American Academy of Orthotists and Prosthetists, American Orthotic & Prosthetic Association, and National Commission on Orthotics and Prosthetic Education. All offices are accredited facilities by American Board of Certification in Orthotics and Prosthetics, Inc. (ABC) and Board of Certification/Accreditation, International (BOC).

About Our Practitioners

Achilles has offices in Bakersfield, CA, Santa Maria, CA and San Luis Obispo, CA to serve your patients. We also have seven certified practitioners. Practitioners are certified by either ABC or BOC. All practitioners carry a certification in Orthotics or Prosthetics, Orthotics & Prosthetics or Mastectomy fittings.

To be a certified Orthotist-Prosthetist, practitioners go through specialized schooling (normally a 2 year program after prerequisite classes are met or a 4-year degree in another area of study is obtained). Following this, 1-2 years of residency training is required before being allowed to sit for national board exams through ABC or BOC.

For mastectomy fitters, special classes are offered and a minimum of 500 hours of training with a certified fitter must be obtained before sitting for national board exams through ABC or BOC.

Please visit our web site: www.achillespo.com for detailed information about our practitioners.



Visit us online at:
www.achillespo.com



Custom Knee Brace with pirate theme.



Symes Prosthesis with custom print.



Have a beloved pet in need of a brace? Give us a call and set up an appointment for an evaluation.

Prosthetic & Orthotic Services We Provide

- Above & Below Knee Prostheses
 - Computerized knees C-leg, Rheo, Plie
 - Computerized ankles Proprio, Elan
 - Vacuum assisted socket technology
- Above & Below Elbow Prostheses
 - Conventional
 - Myoelectric & iLimb
- Mastectomy Fittings
- Foot Orthoses – diabetic & functional
- Diabetic Footwear
- Walking boots
- Night splints
- Ankle bracing – lace up, Aircast, Sweedo, etc.
- Ankle Foot Orthosis– custom fabricated and custom fitted
- Arizona, DAFO
- FES (Functional Electrical Stimulation) – Walkaide, Bioness
- Knee Ankle Foot Orthoses – custom fabricated, stance control
- Knee Orthoses – ACL, PCL, OA, joint instability, pain
- ROM for post op or post injury
- Knee immobilizers
- Hip Orthosis – post-op, hip displacement
- Fracture bracing – Lower Extremity and Upper Extremity
- Wrist splints
- Resting hand splints
- Elbow bracing
- Shoulder immobilizers
- Halo – fractures, post-op
- Cervical Orthoses
- TLSO's – custom fabricated and custom fitted
- LSO's – custom fabricated and custom fitted
- Scoliosis Bracing
 - Milwaukee Orthosis
 - Boston TLSO
 - Charleston Bending Brace
 - Providence Nocturnal Orthosis
- Cranial Remolding Helmets

We provide services for both the adult and pediatric populations. Please feel free to contact the office of your choice to determine if we can provide a service not listed here. In most cases, if we can dream up how to build a device, we can also provide it.

Insurances Accepted

- AARP
- Aetna
- Anthem Blue Cross
- Bakersfield Family Medical Center
- Blue Cross of California
- Blue Shield
- California Children's Services (CCS)
- CenCal Health
- Central Coast Physician's Network (CCPN)
- Cigna Healthcare
- Delta Health Systems
- Dignity Health
- Health Net
- GEHA
- GEMCARE
- Kaiser Foundation Health
- Kern Health Systems
- Kern Medical Center
- Managed Care Systems
- Medi-Cal
- Medicare
- Operating Engineers
- Physician's Choice Medical Group
- SISC
- State Comp
- Tricare West
- Triwest Healthcare Alliance
- United Healthcare
- Worker's Comp

*Not all insurances are accepted at all offices. Please call to verify.

Terminology 101

You see it all the time from us, a jumble of letters that are supposed to mean something. In general they refer to the part of the body that we are treating. Some commonly used ones are:

- FO—Foot Orthosis
- UCBL—University of California Berkeley Laboratories (where it was invented) is a very supportive plastic custom foot orthosis
- SMO—Supra Malleolar Orthosis
- AFO—Ankle Foot Orthosis
- KO—Knee Orthosis
- KAFO—Knee Ankle Foot Orthosis
- HKAFO—Hip Knee Ankle Foot Orthosis
- CTLSO—Cervical Thoracic Lumbar Sacral Orthosis
- TLSO—Thoracic Lumbar Sacral Orthosis
- LSO—Lumbar Sacral Orthosis
- SO—Sacral Orthosis
- AK—Above Knee Amputation
- BK—Below Knee Amputation
- AE—Above Elbow Amputation
- BE—Below Elbow Amputation



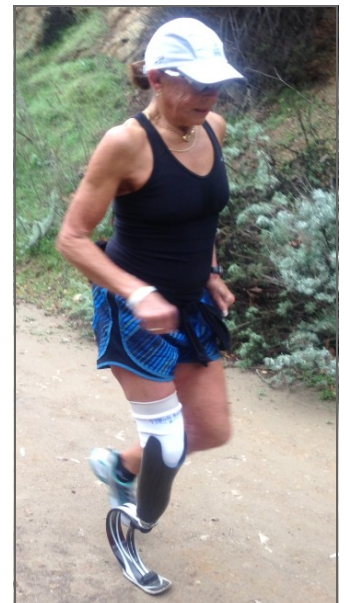
Finally, there is a difference between a prosthesis and orthosis. A prosthesis is a replacement to a missing extremity. While an orthosis is a support to the existing extremity or body part. An orthosis does not just refer to a foot orthosis but refers to any external brace or support for the body (head to toe).

Patient Highlight— Karen Aydelott

Karen is a veteran triathlete and Ironman competitor. Although she was a competitive swimmer through high school, she did not begin competing in triathlons until she was 38. Since then she has participated in numerous triathlons as an able-bodied athlete including 26 Ironman distance races. In June 2006, while on a bike training ride, she was struck by a distracted driver, pulled under the car and dragged for several car lengths. This resulted in a very severe right ankle fracture. After two years, 11 surgeries, a bone infection and no end in sight, Karen just wanted to be able to walk again without pain and elected to have her leg amputated below the knee.

Karen was determined to get back to racing. Less than 2 years after her final surgery she was back participating in triathlons. Although she initially didn't have a running leg, Karen was determined not to let that stop her and did California 70.3 (half Ironman) on her walking leg. After qualifying for the Ironman World Championship at Ironman Arizona in November 2011 as an age group athlete and becoming the first women amputee to do so, she raced in Kona in October 2012. When asked about this, she responded that it might be more possible to qualify in her age group than to depend on the lottery system for entry as a physically challenged individual.

Although Karen made it to mile 22 of the run, she was unable to finish at Kona last year. As you might have guessed, she has not given up, is still training every day and looking forward to racing again in 2013. We all wish Karen the best in her pursuit of crossing finish lines as an amputee just as she did when able-bodied!



Children at Achilles

At all of our offices children are a part of the patient population. We have multiple practitioners who if not parents themselves, have a love and care for children. This makes coming to see us a pleasant experience. Our goal with caring for kids is to build a prosthesis or orthosis that is not only functional, but will stand up to the rigors of children's play. We also try to make the device fun. Kids and parents are given the choice in design patterns as well as strap and pad colors that can be applied to the device. We find that when the kids are involved in the design of their brace or prosthesis, and it's made fun, they are more likely to cooperate and wear their orthosis or prosthesis. Often siblings of the child we are caring for are in the exam room as well. Many times the sibling also wants their arm or leg casted just like their brother or sister. Or they want to be involved in the choosing of the Spiderman or ladybug and butterfly transfer pattern for their brother or sister's device because they think it's so cool.



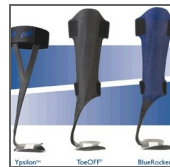
Articulating AFO with hearts transfer pattern.

Medicare Update

More than likely you are aware of, and are being affected by, Medicare and their recent crack down on documentation. We are too. For all Medicare patients seen in our offices we are required to have physician progress notes and an initiating prescription. If this information is not provided by the time of the patient's initial appointment we will be sending a request to your office for this information so we can proceed with the service. We may also send a detailed list of requirements from Medicare as to what needs to be documented in the patient's record. Keep in mind the following is needed in most cases: Diagnosis & ICD-9 code, physical exam, history of amputation (if applicable), functional deficits & functional abilities, and if applicable condition of current device, patient's past experience with their device and reason for a new device.

Product Highlight— Allard Toe Off AFO

Carbon Graphite AFO's are increasingly being used in the orthotic treatment of patients. Originally introduced in 1997, the Allard Toe Off AFO's have been fit on hundreds of patients in our practice with gait impairments. They provide stability and dynamic response for improved gait and increased walking capacity. Multiple designs and strengths are available so individuals with a simple foot drop to ones with foot drop and knee weakness can all benefit from the graphite technology. Although an off the shelf product, there are a number of styles and sizes available, allowing us to fit babies to adults. The graphite design makes the AFO very lightweight and thin, making it easy to use in a shoe.



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