

## Insurance Checklist

Your Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Please Call Your Insurance Company and Ask the Following Questions To Inquire About Your Coverage for a Support Brace

Am I Covered for a Support Brace? **Yes No**

Are There any Limitations To Support Braces I Can Select? **Yes No**

Who Can Prescribe a Support Brace?  
**Medical Doctor, Chiropractor, Physiotherapist**

Who Can Dispense a Support Brace?  
**Chiropractor, Naturopathic Doctor, Physiotherapist**

What Is my Coverage Limit for Support Braces?: \$ \_\_\_\_\_

What Is my Deductible for Support Braces? \$ \_\_\_\_\_

What Percentage of the Amount Eligible Is Covered by Insurance?  
\_\_\_\_\_ %

Is There a Limit to How Many Support Braces I May Receive?  
**Yes No**

Notes:

Disclaimer: It is the responsibility of the patient to ensure that all documents and conditions as outlined by the insurance company are met for reimbursement. This worksheet has been developed to help you inquire about the coverage you may have under your health plan. Please note that this worksheet may not be complete, and you may require additional information/documentation than what is outlined below. For more information please contact your health insurance company. Our clinic is not liable for any payments or claims denied by your insurance provider.

## Patient Checklist

- Check Insurance
- Medical Prescription
- Estimate (optional)

## Documents Required

- Medical Prescription
- Receipt

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# Support Braces



Muscle & Joint Clinic

## Get More Support With Bracing

When you're recovering from an injury or managing a condition, you want to take it slow. Getting back to your regular activities is the number one goal, but you need the right support to gradually regain your strength and function. Otherwise, you could end up with a re-injury. For new or old injuries, you can get extra support with bracing. Here's everything you need to know about using a brace to help with rehabilitation.

Bracing is a therapy option that uses external braces on various limbs to provide additional support for unstable joints or ligaments. Braces are often made of soft, durable fabric, but can also include metal, plastic and Velcro straps. They can be custom-made or come patient-ready. Your physiotherapist can make sure you choose the right brace and get it customized for your needs.

## When To Get A Brace?

Braces are often used when you've sustained an injury, before or after surgery, or have deterioration in your joints or ligaments due to repeated use, age or a chronic condition.

Following an accurate diagnosis of your injury or condition, your doctor, physiotherapist or other healthcare professional may suggest a brace to help with rehabilitation. Braces provide stability when ligaments, muscles and/or bones are still healing. This lets you (slowly) resume certain activities, gradually building up your strength and function while protecting you from re-injury.

A brace is often used in combination with other types of therapy, such as physiotherapy, massage and more. The healthcare professional you're working with will not only select and fit you for the right brace, but they'll also provide instructions on when and how long you should wear the brace so you can get all the benefits.

## Conditions Treated With Bracing

Conditions treated with bracing  
Bracing is a safe and effective treatment method for a wide range of injuries and conditions, including:

- Back pain
- Rotator cuff injuries
- Acute sprains and strains
- Knee injuries
- Carpal tunnel syndrome
- Osteoarthritis
- Tennis elbow
- Shoulder dislocation
- Other shoulder injuries (i.e. SLAP tears)
- ACL injuries
- Scoliosis
- Osteoporosis
- Poor posture
- Other sports injuries
- Post-operative rehabilitation
- Tendonitis
- Patella dislocations and subluxations
- Chondromalacia (runner's knee)