



Update

Serving the Calumet Region Since 1953

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Prosthetic Feet Offer Options for Varying Lifestyles

A lot has changed in the world of prosthetics since Calumet Orthopedic & Prosthetics Company was founded in 1953. Advancing technology provides today's amputee with prosthetic feet that offer much of the same functionality as the biological foot. Prosthetic feet can be selected to closely fit a person's activity level, occupational requirements, and sports and recreational interests.

Choices have expanded over the years from the basic SACH (solid ankle cushion heel) foot design for walking to energy-storing feet for higher activity levels and specialized designs that rotate and bend to allow for stability on uneven surfaces. "At Calumet, we utilize many of the latest lightweight designs that meet the

special needs of patients of all ages," said Ron Pawlowski, CPO. "We get to know each patient well and help them select the best foot for them, while also taking into consideration any special requirements of payer sources and personal budget."

Other factors are also reviewed when a foot is selected for an amputee. The patient's general health, height and weight, level of amputation, and length and shape of the residual limb are also important factors in determining the best device. Calumet's Prosthetists are knowledgeable about current technologies and help patients choose the best prosthesis for the outcome they desire.

A SAMPLING OF OPTIONS

College Park Industries TruStep is designed to accommodate uneven terrain with the incorporation of multiple joints and elastomeric bumpers with the body of the foot system. It combines virtually the same vertical motion, rotation and stability found in the anatomical foot. Its split-toe design provides up to a half-inch of independent toe flex during normal use. The TruStep responds to ground reaction forces much like a natural foot does, providing the user freedom of motion in all three anatomical planes.

This results in a more symmetrical gait and a reduction in energy expenditure for the user.

Freedom Innovations Silhouette™ VS offers shock absorption and multiaxial ground

compliance to soften otherwise unforgiving surfaces. The unique VS carbon fiber foot and sole plate design absorbs impact at heel strike, reducing forces that would otherwise be directed to the socket and residual limb. Its multiaxial function and +/- 15 degrees of inversion/eversion provide excellent ground compliance and stability. The choice between 3/8-in. and 3/4-in. heel height provides the ability to wear higher heel dress shoes or work boots while maintaining proper prosthetic alignment. It features a lightweight, slim profile, and 365-lb. weight rating.

Freedom Innovations Thrive™ features a load-activated carbon fiber prosthetic foot designed to accommodate added weight when lifting or carrying heavy objects. Users will no longer experience the feeling of a flat or soft foot when



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additional loads are encountered, nor will they need to be subjected to a product that is too stiff for everyday walking.

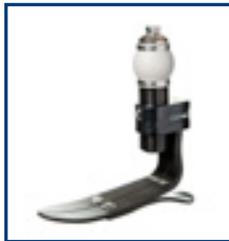


Thrive utilizes a synergistic, dual-keel design incorporating a full-length primary keel and a secondary load-activated keel. When an additional load up to 30 percent of the user's body weight is sensed, Thrive's primary keel progressively comes into contact with the upper keel, providing incremental support. This ensures consistent performance and ultimately greater confidence among users.

Ossur's Re-Flex Rotate™ with EVO™

(Energy Vector Optimization) technology is a robust, high performance foot allowing users to enjoy daily living, work, and leisure with the comfort and confidence to reach their full potential.

Re-Flex Rotate meets the active user's challenging requirements by combining optimal shock absorption, dynamic energy return, and



comfort. The rotational shock absorption is particularly beneficial for users whose daily routines involve frequent side-to-side and turning movements. Incorporation of the EVO technology promotes a more fluid and energetic forward progression by mimicking the natural movement of the human foot from heel strike to toe off. A more natural gait reduces fatigue and puts less strain on the lower back and sound side.

Ossur Talux® – The Talux has been designed to provide fluid, natural walking motion on a variety of terrain. The foot's design reproduces many of the anatomical features of the human foot, which is why walking on it feels so natural. It even has an Achilles strap, which simulates the movement of the Achilles tendon and helps to propel the user forward. The Talux's tarsal core contributes to stability and shock absorption by optimizing the movement that flexes the foot and toe downward toward the sole. Designed to provide multiaxial function, it improves ground contact on uneven surfaces.



Combined with the J-shaped pylon and active heel, Talux ensures a balanced energy load and response, allowing the user to walk more comfortably, longer.

Otto Bock Trias+® offers the high functionality of carbon fiber feet specifically designed for moderate walkers.

With a design concept modeled from the natural human foot, the Trias+ not only looks great, but provides exceptional walking function – easy rollover to reduce effort and conserve energy, improved gait symmetry, and a reduction of excessive forces on the contralateral limb. The foot offers a secure, controlled action while improving confidence and the ability to vary cadence. The superior gait characteristics of the Trias+ are a direct result of the unique dual spring elements incorporated into its design.



For more information on the proper selection of prosthetic feet or the services Calumet Orthopedic & Prosthetics offer, call (219) 942-2148 or visit www.calumetoandp.com.



Medicare Functional K Levels

K0: The patient does not have the ability or potential to ambulate or transfer safely with or without assistance and a prosthesis does not enhance his/her quality of life or mobility.

K1: The patient has the ability or potential to use a prosthesis for transfers or ambulation on level surfaces at fixed cadence. This is typical of the limited and unlimited, household ambulatory patients.

K2: The patient has the ability or potential for ambulation with the ability to traverse low-level environmental barriers, such as curbs, stairs, or uneven surfaces. This is typical of limited community ambulatory patients.

K3: The patient has the ability or potential for ambulation with variable cadence. Typical of the community ambulatory patient who has the ability to traverse most environmental barriers or who may have vocational, therapeutic, or exercise activity that demands prosthetic utilization beyond simple locomotion.

K4: The patient has the ability or potential for prosthetic ambulation that exceeds basic ambulation skills, exhibiting high impact, stress, or energy levels. This is typical of the prosthetic demands of the child, active adult, or athlete.

Foot Care Important for Diabetics

More than half of all lower limb amputations in the United States occur in people with diabetes – 86,000 amputations per year – many of which are the result of diabetic neuropathies (nerve disorders caused by the diabetes).

Peripheral neuropathy is nerve damage in the arms and legs. Many people with diabetes have signs of neuropathy that a doctor could note, but feel no symptoms themselves. Symptoms of peripheral neuropathy may include:

- Numbness or insensitivity to pain or temperature
- A tingling, burning, or prickling sensation
- Sharp pains or cramps
- Extreme sensitivity to touch, even light touch
- Loss of balance and coordination

These symptoms are often worse at night.

Peripheral neuropathy may also cause muscle weakness and loss of reflexes, especially at the ankle, leading to changes in the way a person walks. Foot deformities, such as hammertoes and the collapse of the midfoot, may occur. Blisters and sores may appear on numb areas of the foot because pressure or injury goes unnoticed. If foot injuries are not treated promptly, the infection may spread to the bone, and the foot may then have to be amputated.

People with neuropathy need to inspect their feet daily for any injuries. Untreated injuries increase the risk of infected foot sores and amputation.

Follow these steps to take care of your feet:

- Clean your feet daily, using warm (not hot) water and a mild soap. Avoid soaking your feet. Dry them with a soft towel and dry carefully between your toes.
- Inspect your feet and toes every day for cuts, blisters, redness, swelling, calluses, or other problems. Use a mirror (laying a mirror on the floor works well) or get help from someone else if you cannot see the bottoms of your feet. Notify your health care provider of any problems.
- Moisturize your feet with lotion, but avoid getting the lotion between your toes.
- After a bath or shower, file corns and calluses gently with a pumice stone.
- Each week or when needed, cut your

toenails to the shape of your toes and file the edges with an emery board.

- Always wear shoes or slippers to protect your feet from injuries. Prevent skin irritation by wearing thick, soft, seamless socks.
- Wear shoes that fit well and allow your toes to move. Break in new shoes gradually by first wearing them for only an hour at a time.



- Before putting your shoes on, look them over carefully and feel the insides with your hand to make sure they have no tears, sharp edges, or objects in them that might injure your feet.
- If you need help taking care of your feet, make an appointment to see

a foot doctor (podiatrist).

Source: Courtesy of National Diabetes Information Clearinghouse

Because no one should go through Breast Cancer Alone: Y-ME

Y-ME National Breast Cancer Organization offers incomparable support to women struggling with breast cancer diagnosis. The group, located in downtown Chicago, has a global reach and is the only one of its kind in the world to provide support 24 hours a day, 7 days a week, 365 days a year in 150 different languages.

Y-ME began as an idea generated by two breast cancer survivors across the kitchen table and more than 30 years later, it remains true to its mission to assure that no one faces breast cancer alone.

It offers:

Peer and partner counseling providing support and education to cancer patients and their loved ones. The Survivor Match program allows patients to be paired with a peer counselor who had the same diagnosis, is the same age, or has experienced similar challenges. Counselors complete a 40-hour training module and are recertified annually.

Wig and prosthesis program providing support and assistance to patients and survivors with limited financial means. This program provides bras, wigs, and/or prostheses at no cost and helps renew an individual's sense of wellbeing and self-confidence.

Support groups providing peer-to-peer support to patients in need. The network consists of 25 groups in 10 states, each led by a trained Y-ME breast cancer survivor or health care professional. Groups meet each month and vary depending on the needs of the participants.

Gerry Weinberg Resource Library providing access to over 200 books about breast cancer, treatment, and general wellness. Materials are available for a lending period of one month and come with a postage-paid envelope for patrons to return the book when they are finished.

Funds to support Y-ME's programs are raised through various events and sponsorship opportunities. The organization holds an annual Y-ME "Race at Your Pace" event in Chicago's Grant Park each Mother's Day weekend. More than 30,000 people come out to celebrate life and enjoy a great day together while understanding how important it is to make sure that no one experiences breast cancer alone.

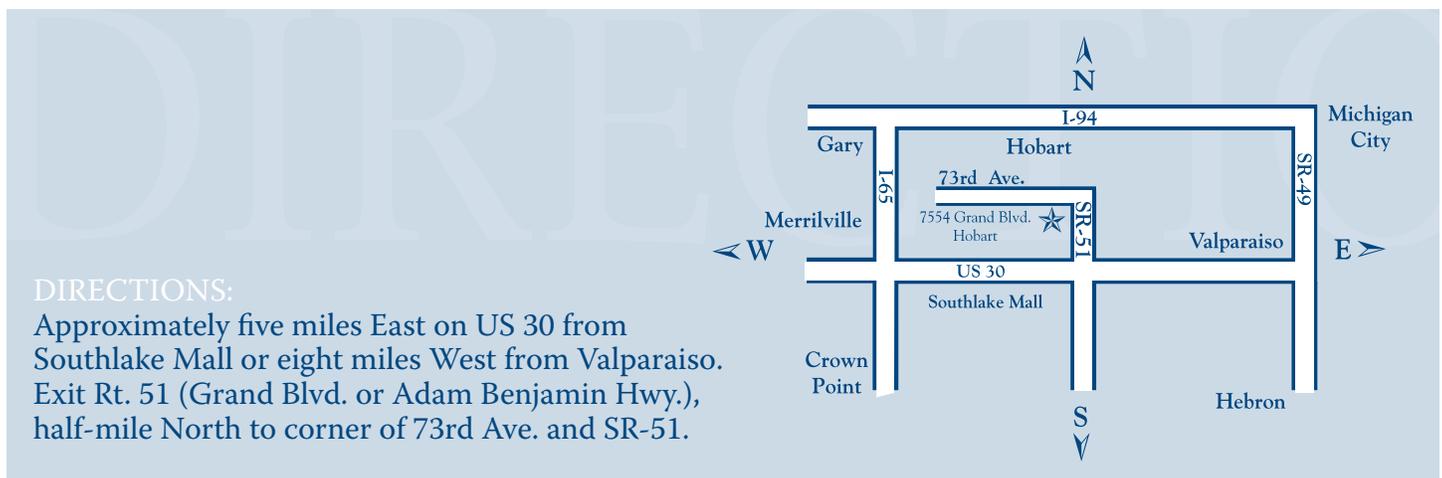
For more information on Y-ME, visit its website Y-ME.org or contact us at [A Fitting Image](http://AFittingImage.com).

Calumet Orthopedic & Prosthetics Co.

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Hobart, IN 46342

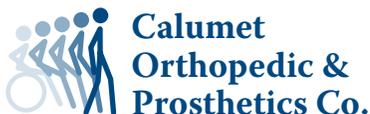
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Serving the Calumet Region Since 1953



ATTENTION HEALTH CARE PROVIDERS: Documentation Keeps Continuity in Care, Reimbursement

Recent notices from the Centers for Medicare and Medicaid Services (CMS) included information on documenting a patient's continuing use of durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS). The message reminded us that physician documentation on the patient's need and use of an item is required for reimbursement. This can be done easily by including DME items in the medications list already required by CMS.

Ensuring that patients' needs are being met is our priority. If you have questions about this notice or including an equipment/medication list with physicians' office notes, please call us. We are happy to partner with you!

Calumet Patient Featured in National O&P Trade Magazine

The story of an amazing Calumet patient, Virginia Guffey, is featured in the May 2012 issue of the national trade magazine O&P Edge. The 87-year-old's traumatic amputation took place in 2008 because of a workplace accident. Guffey has been Ron Pawlowski's patient since that time. Visit www.oandp.com/edge to read the full story on pages 76 – 78 of the May 2012 issue.

