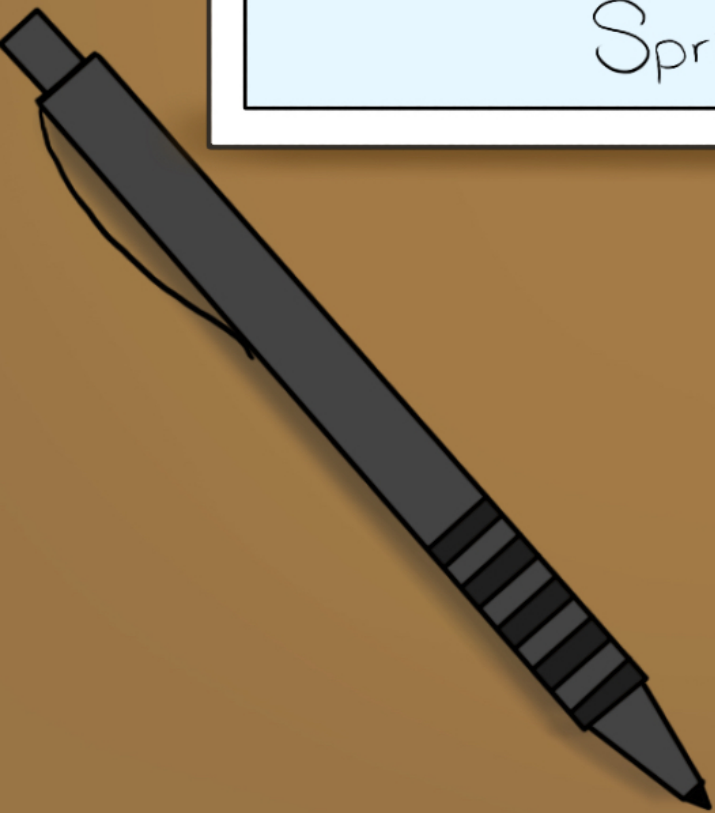
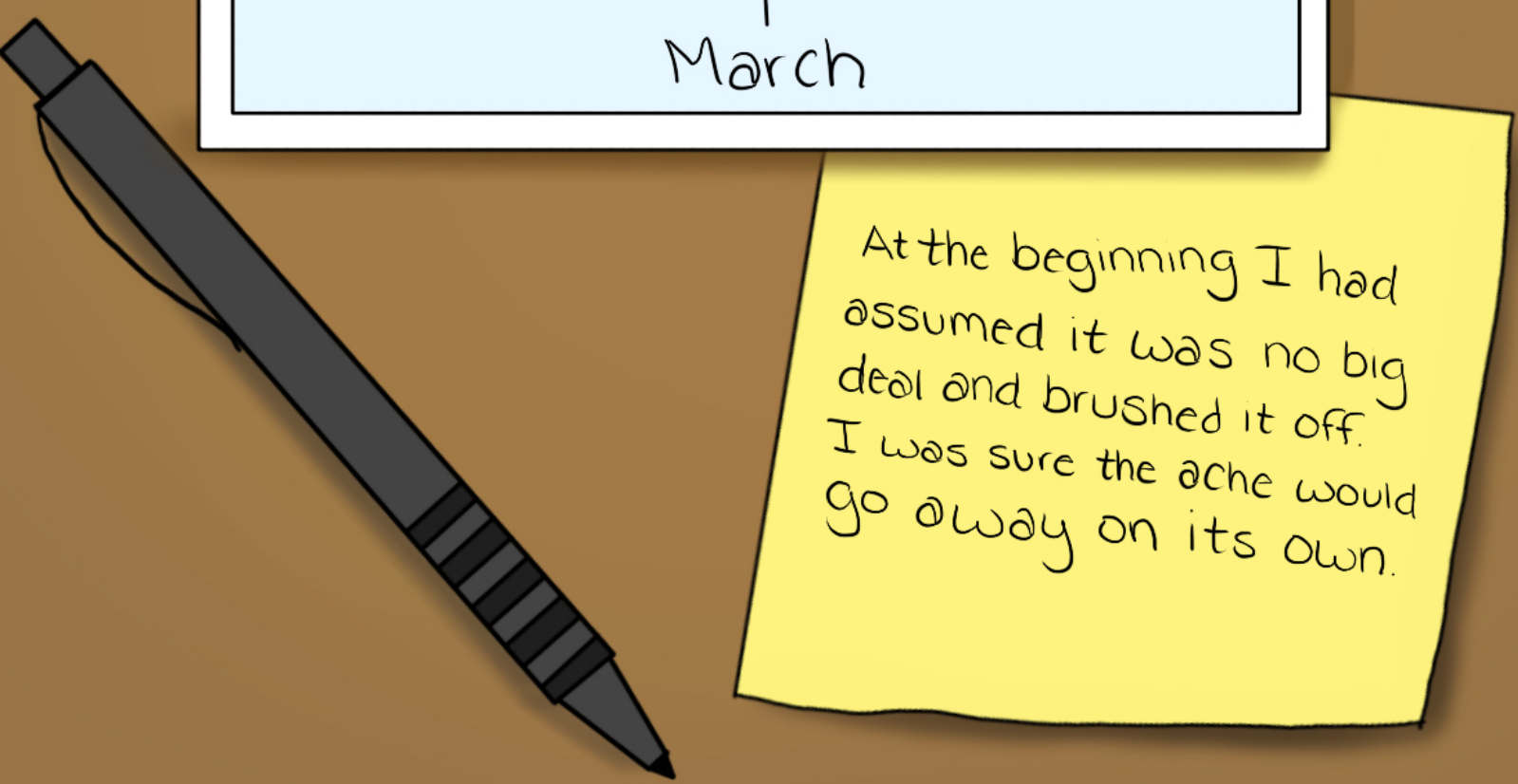
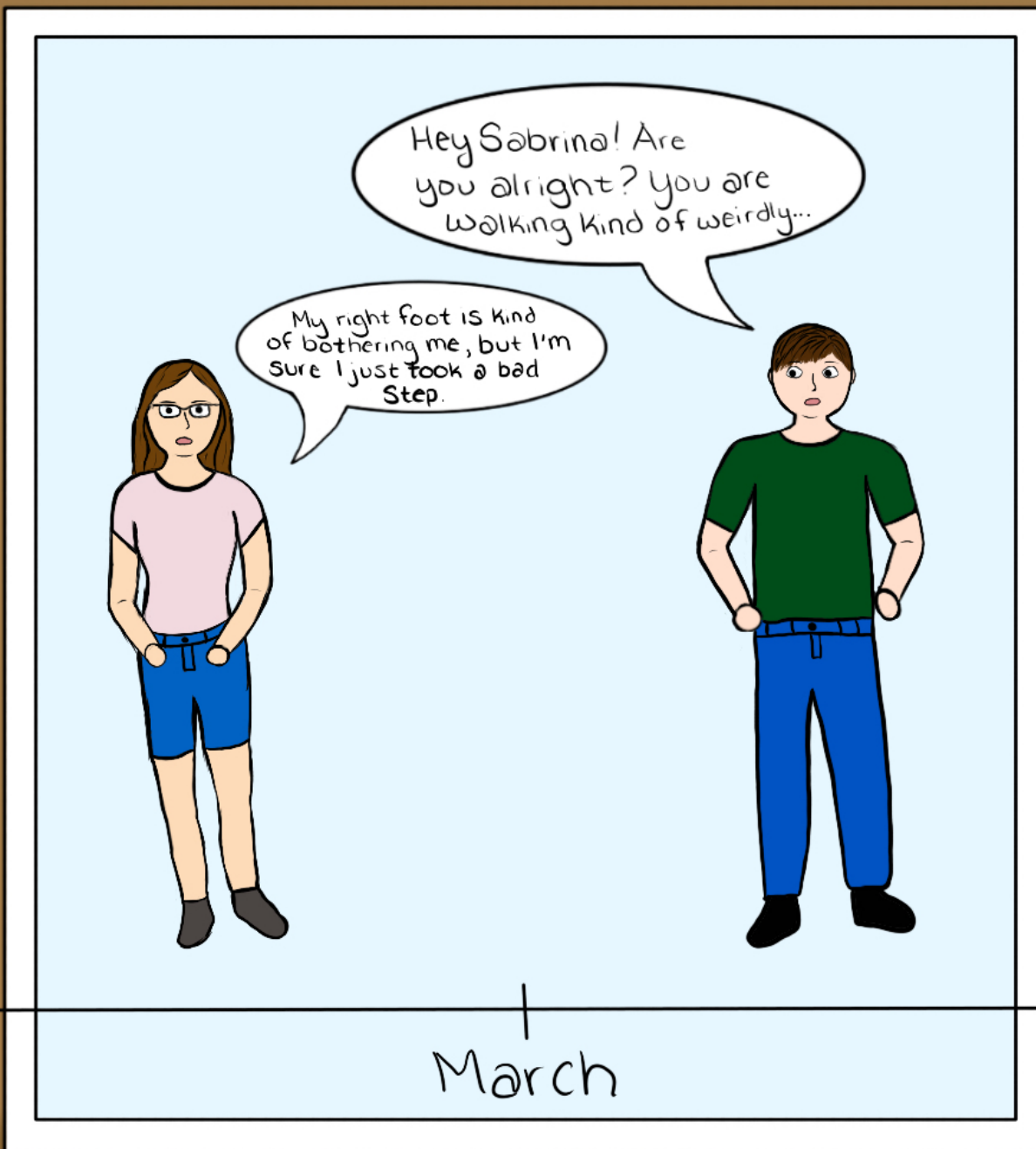


During the spring semester of my first year of college, I started to experience sharp pain in my right foot. Little did I know it would be the cause of a year long undertaking.





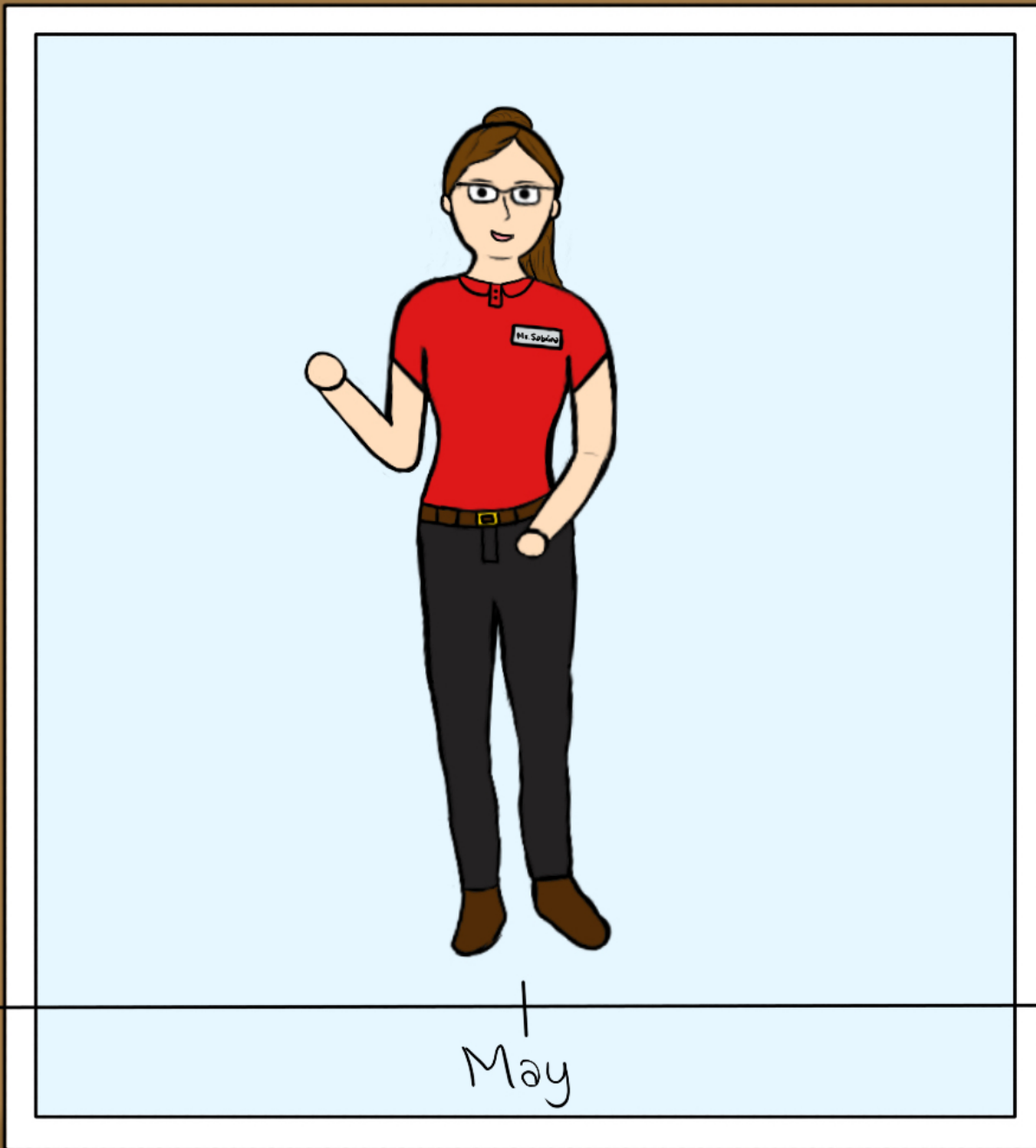
At the beginning I had assumed it was no big deal and brushed it off. I was sure the ache would go away on its own.

Hey! Your foot
still bothering you?

Yeah...

|
April

However, a month passed
and there was
no major
improvement



May

When May rolled around I started a new job at a daycare.

Being on my feet all day made the pain much more noticeable.



ist
with
gent Care
Urgent visit
for foot pain \$160
Signature: *[Handwritten Signature]*
total: \$160.00

In June I visited an urgent care and was told nothing was wrong.



Baptist Health

Urgent

Urgent for foot pain \$160

Signature: *[Handwritten Signature]*

Total: \$160.00

Running total: \$320

July

I visited a second urgent care on a day where the pain had gotten really bad. After examining my foot and its X-ray, I was told the same thing



August 12

Baptist
Health

Urgent

.Urgent
for foot pain
\$160

.Urgent
for
Signature:
[Handwritten Signature]

\$ total: \$160.00

Running
total: \$320

Based on my urgent care visits showing no issues I started marching band for the fall semester with a week of 12 hour days to rehearse.



Baptist
Health

Urgent

Urgent
for foot pain
\$160

Urgent
for
Signature:
[Handwritten Signature]

\$ total: \$160.00

Running
total: \$320

By the second day,
the hours of marching
had made my foot
furious and I began
to struggle to keep
up.



W
P
4
A
7
Urg
Urg
Urg
for
S
S

- ace wrap
 - medical tape
 - ankle brace
 - cushion pads
-
- total: \$50.00

Running total:
\$370

After day three I decided to buy athletic tape and some wraps to help with the swelling.

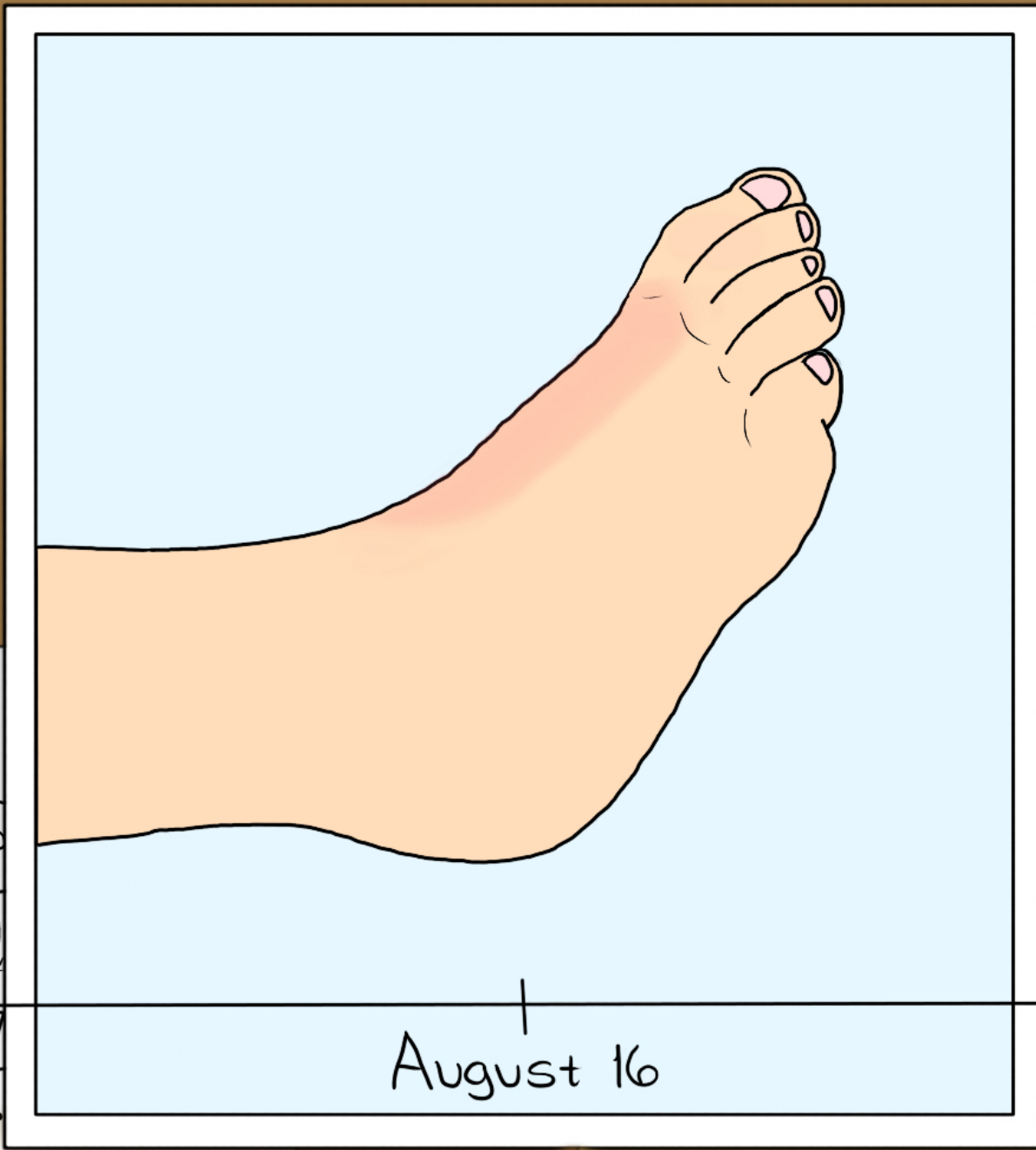


- ace wrap
 - medical tape
 - ankle brace
 - cushion pads
-
- total: \$50.00

Running total:

\$370

On the fourth day of practice I was able to speak to some physical therapy students who were the first to acknowledge that something was wrong.

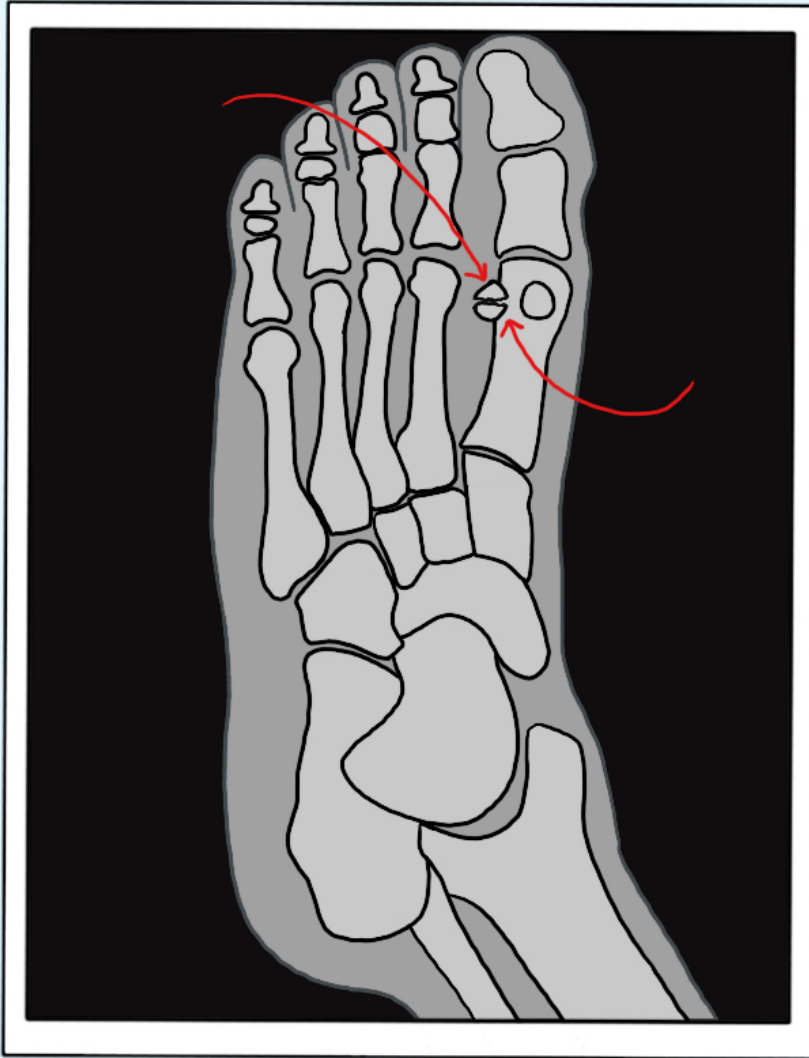


August 16

- ace wrap
 - medical tape
 - ankle brace
 - cushion pads
-
- total: \$50.00

Running total:
\$370

By the end of the week my foot was super swollen and red, but I had managed to get an appointment at the health center



August 19

UO
Health
Center

• visit
• x-ray
images

total: \$20

Running
total:

\$390

At the health center my
X-ray showed I
broke a sesamoid
(a small bone on the
bottom of the foot)
I was put in a surgical
shoe and sent to a
podiatrist



ankle

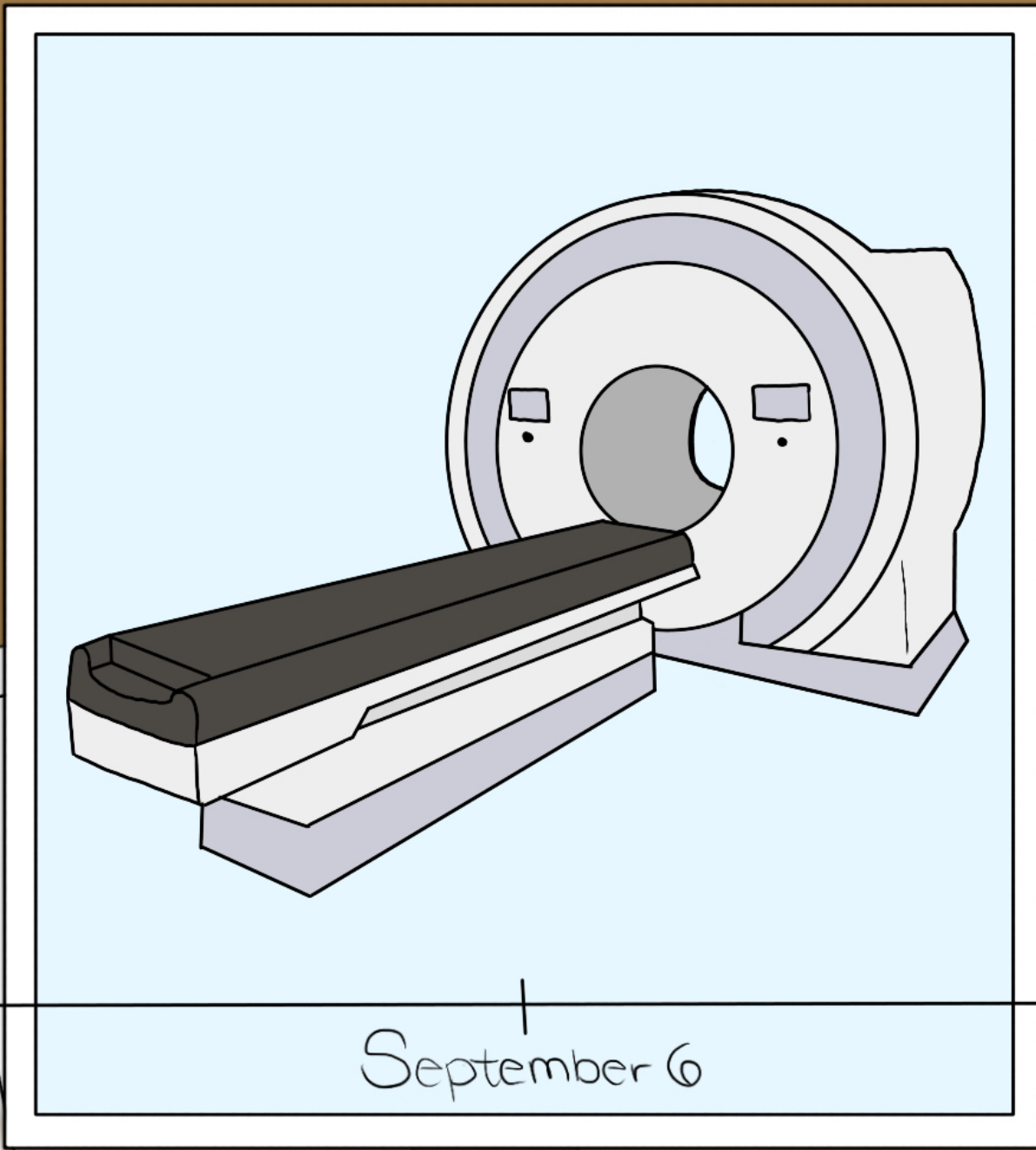
- new patient appointment
- cam boot

total: \$72.50

Running Total:

\$462.50

At my first of many podiatry appointments I was put in @ CAM boot instead of the surgical shoe



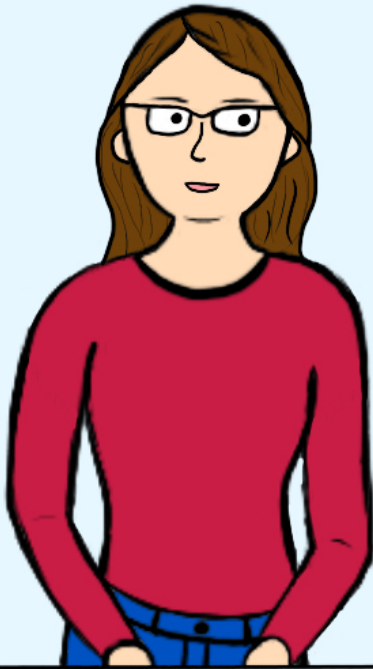
• new pat
• Cam b
total:

• CT
- no contrast
total: \$36.50

Running
Total:
\$499

I had also been sent to get a CT scan, which showed that the fracture wasn't recent and that the bone was dying.

We aren't seeing as much progress as we would like, but it is still early, so don't worry!



September 20

...do
...and
...ankle
...new
...app
...ca

Foot and Ankle

• returning patient appt.

total: \$60

Running total: \$559

contrast
\$6.50

After 2 weeks in the boot, I was told that I would probably be out of it in 6 weeks.



Orla
Foot
An

October 11

• returning patient appt.

total: \$60

Running Total:

\$619

crast
6.50

At my next followup I was told the boot would be off soon.



Orla
not
ing
to
contrast
6.50
total: \$60
Running
Total:
\$679

However, on the day it was supposed to come off it got delayed.



2 more...

November 7



... and
ankle
cast
• Returning
patient
appt.
total: \$60
Running
Total:
\$739

And then it
got delayed
AGAIN.



...ondo
...ot and
...Ankle

• returning
patient
appt.

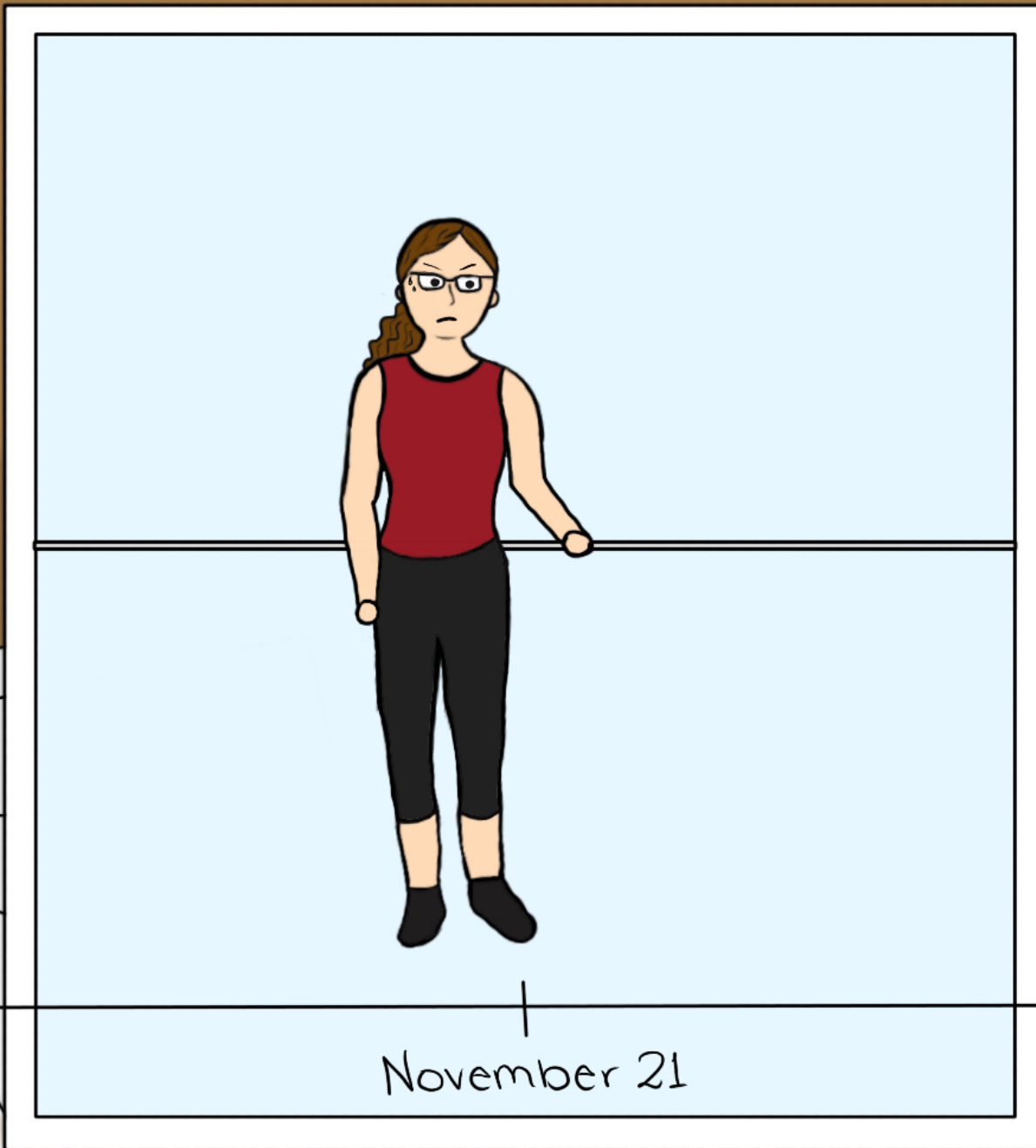
total: \$60

Running
Total:

\$799

...ankle
...ing
...cast
...6.50

A month after the boot was supposed to come off, I was allowed to spend half my time in a sneaker and half in the boot.



lando
ot and
Ankle
• returning
patient
appt.
total: \$60
Running
Total

Ankle
• returning
patient
appt.
total: \$60
Running
Total:
\$859

When not in the boot my leg muscles were extremely weak So by the time of my next appointment I was still wobbly.



December 18

Orl
Foo
A

• returning patient appt.

total: \$60

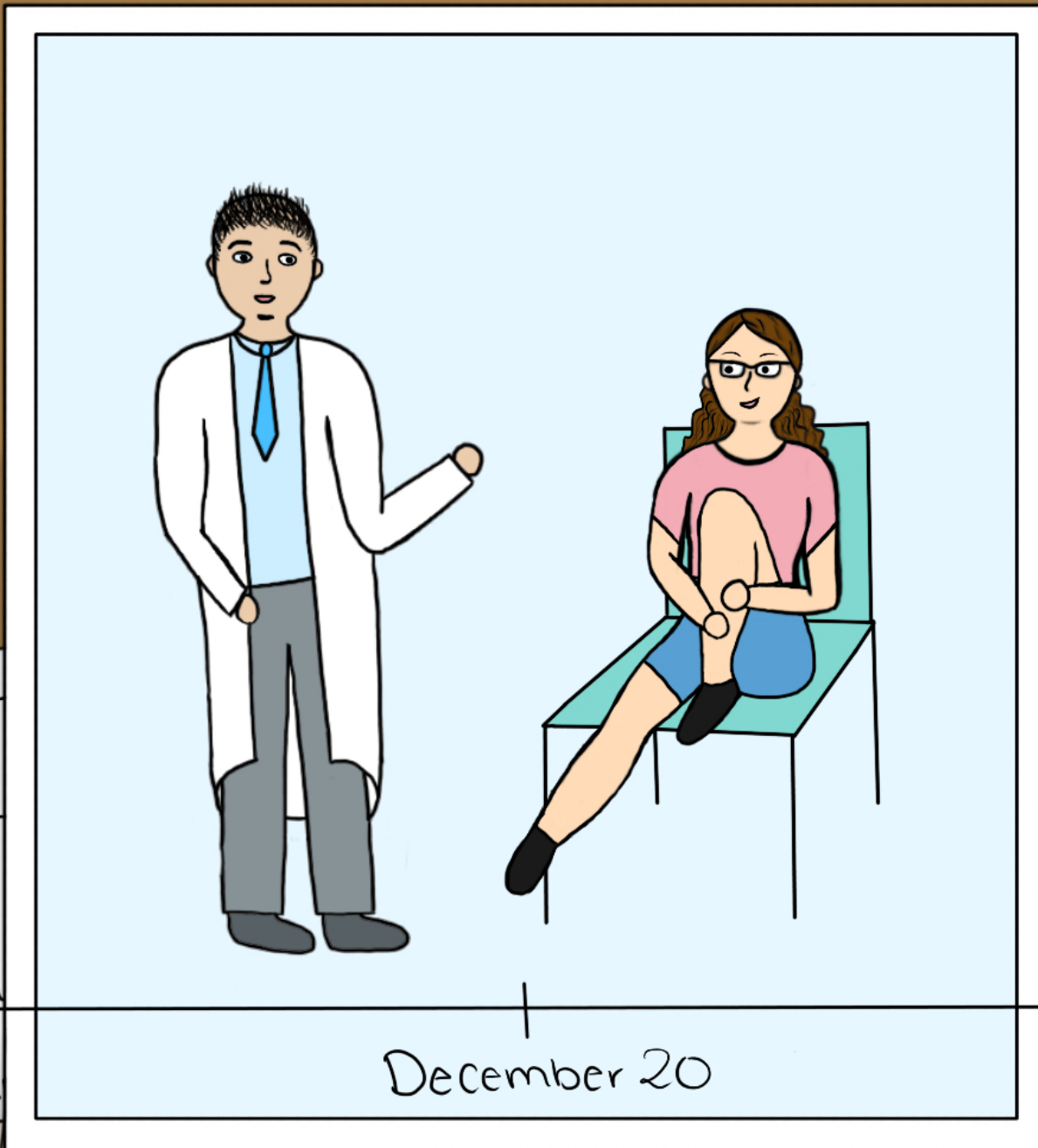
Running Total:

\$919

Ankle
returning patient appt.

total: \$60

My podiatrist had let me know she was moving out of state so I began seeing a new doctor who immediately get rid of the boot for my muscles.



December 20

Despite being out of the boot like I wanted I still wasn't able to do everything I wanted to or even wear shoes other than sneakers.

Ankle
• returning patient @ppt.

total: \$60

Running Total:

\$979

Orl
Foo
A

• ret
pat
@ppt

to

Run

To

g

v

Patient Name: _____

Please rate your pain using the scale below.

Pain Scale

0 1 2 3 4 5 6 7 8 9 10

January 10 & 31

ndo
e and
ankle

returning
patient
appt. x2

total: \$120

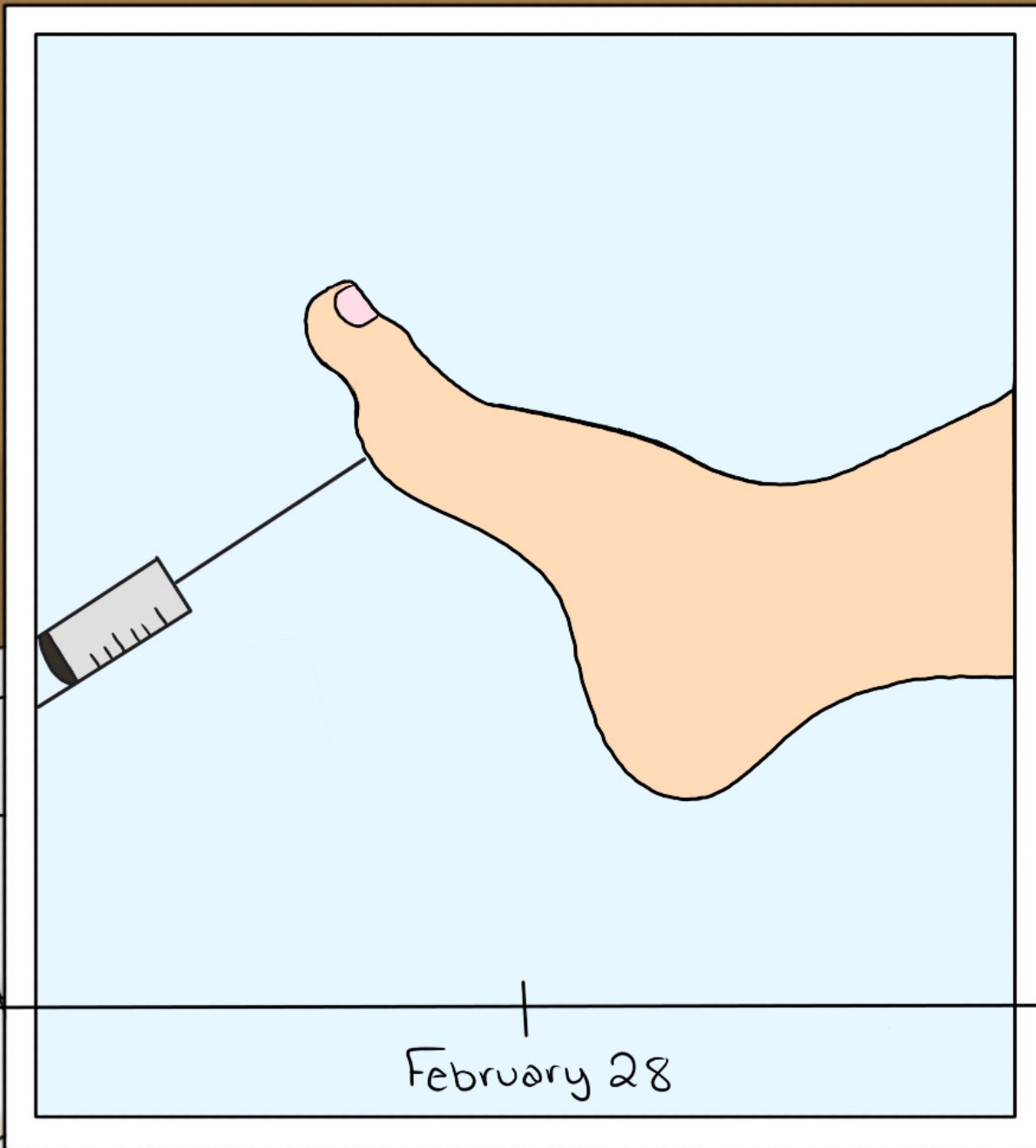
Running
Total:

\$1099

Ankle
returning
patient
pt.

60 60

For a while I had regular check-ups to monitor pain and work on physical therapy stretches



February 28

Eventually my doctor and I decided to look into long-term solutions and we started with a Steroid shot to the fracture

ndo
e and
ankle

urning
entg
x2

urning
patientg
appt.

total: \$60

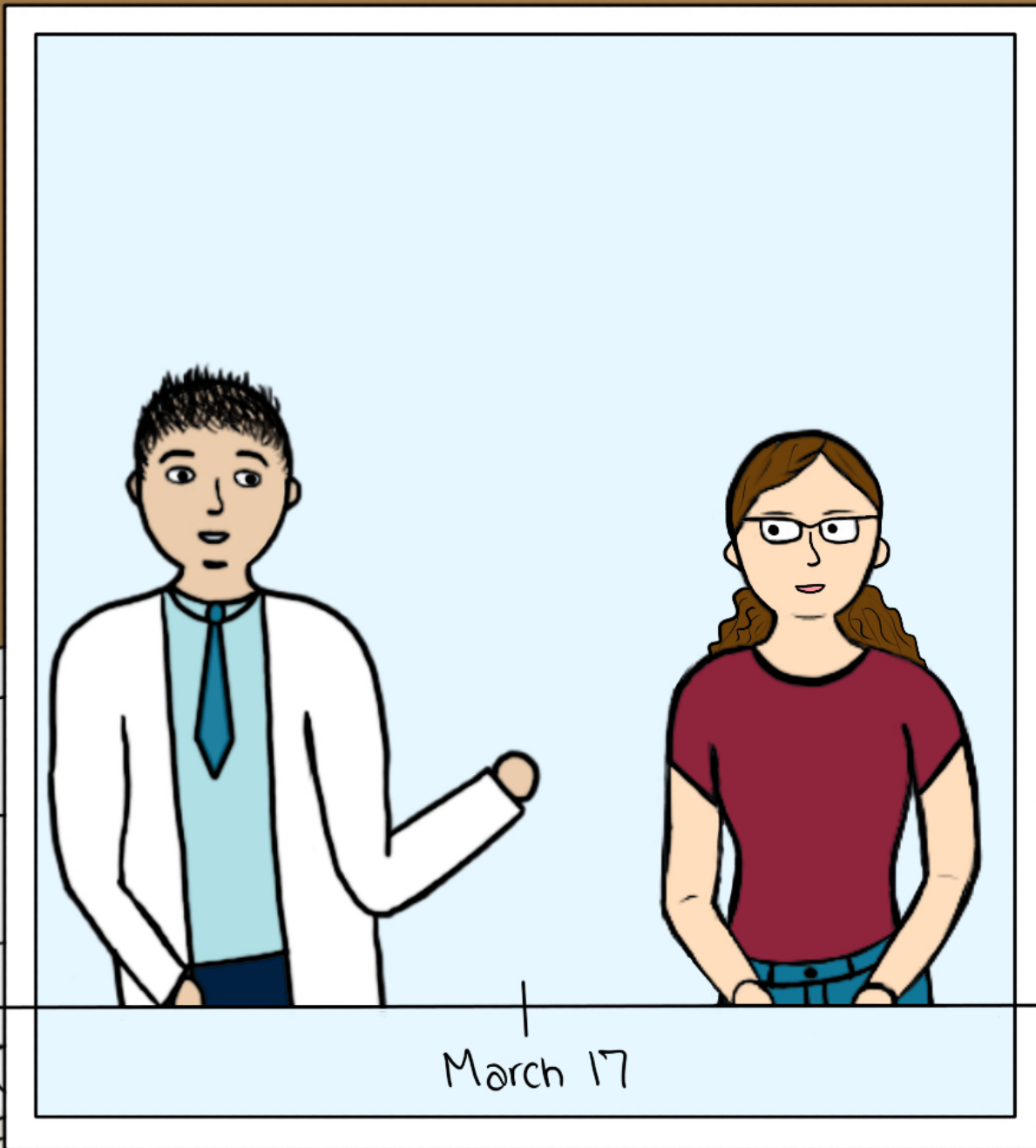
Running
total: \$1159

Ankle
urning
patientg
pt.

60

le
ing
ntg

60

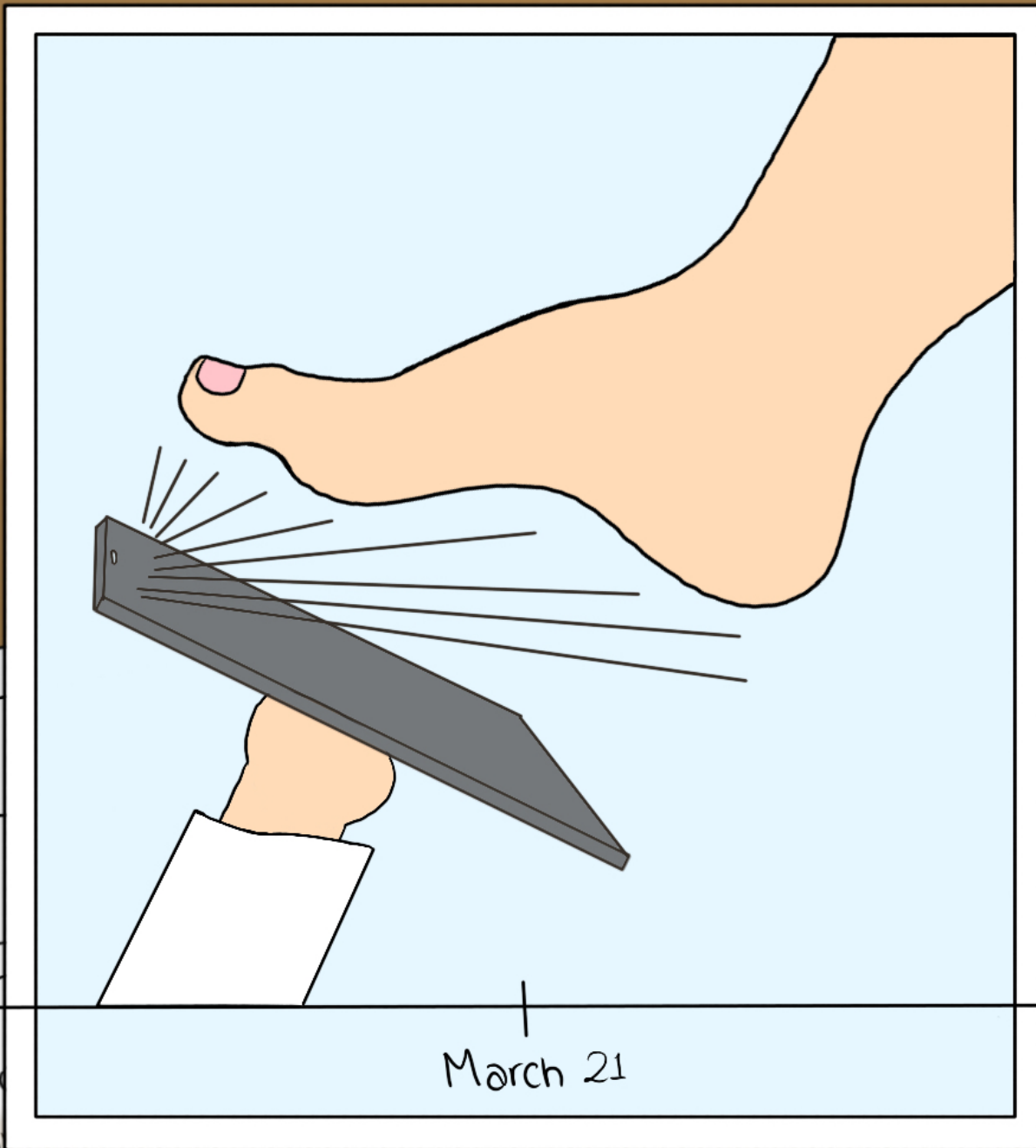


March 17

ndo
e and
ankle
urnin
en
returning
patient
appt.
total

Ankle
• returning
patient
appt.
total: \$60
Running
Total:
\$1219

The shot had improved the pain, leading us to consider options like a PRP (platelet rich plasma) injection which we scheduled for the future.



March 21

Orlando
Foot &
Ankle

• returning
patient
appt.

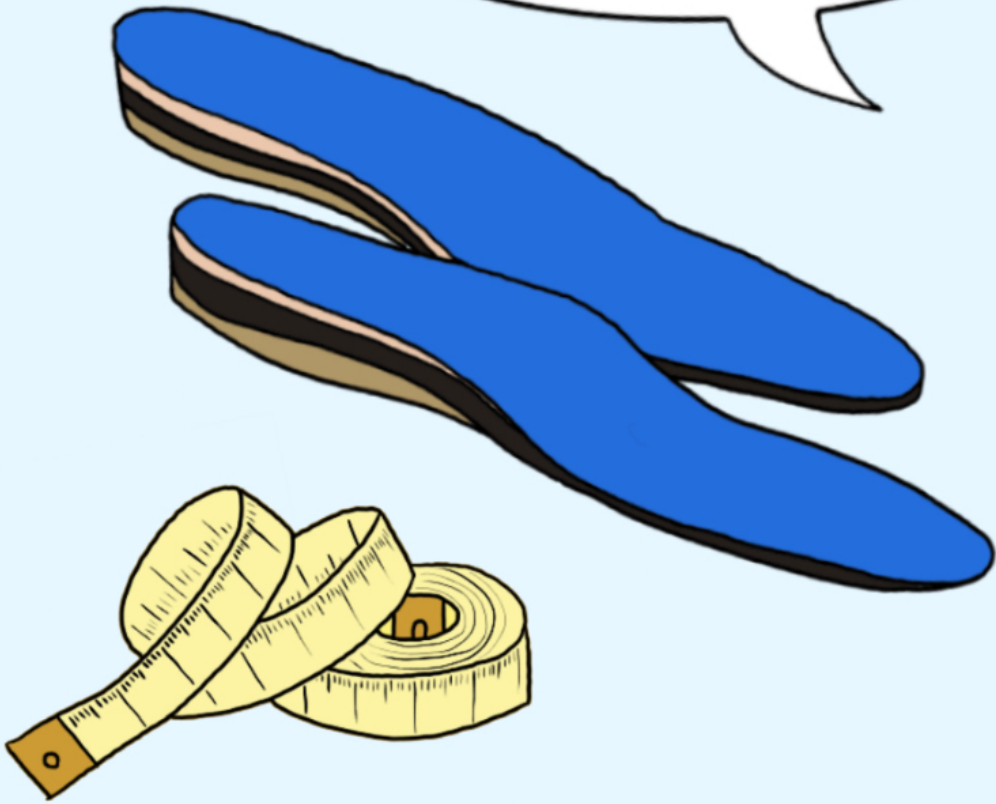
total: \$60

Running
Total:

\$1279

I also got
scanned for
custom
orthotics to
see if they'd help

How do these fit?



April

Orlando
Foot &
Ankle
• returning
patient
appt.
total: \$60
Running
Total:
\$1339

Foot &
Ankle
• returning
patient
appt.
total: \$60
Running
Total:
\$1339

Now at the end of
April I will have
an orthotics
fitting...



May

Orla
Foot
Ar
• ret
pat
op
to
Running
Total:
\$2,339

oppt.
• PRP
treatment
total: \$1000
Running
Total:
\$2,339

Ankle and
• returning
patient
opt.
\$60

and will
hopefully have
PRP done in
May



Bye, for now!

I have come really far in my recovery journey, but it has certainly taken a lot of time and money to do so, and I still have some ways to go before everything is back to normal.