

Things We Don't Ask But Definitely Should

For the Docs:

- What exactly is causing this mess in my foot? Don't sugarcoat it—tell me straight.
- How bad is the nerve or muscle damage? Am I looking at a quick fix or a long haul?
- What tests did you run, and what do they really say?
- Surgery—yes or no? If yes, what's the catch? If no, why not? What would recommend to your family member if they were in my shoes.
- What's my long-term game plan? Am I walking this road solo or with help?
- How often do I need to check in?

For the Neurologists:

- Can this nerve bounce back or not?
- What meds or treatments could actually help?
- What signs mean things are getting worse, and when do I call you ASAP?

What if I start having new symptoms?

For the PT Crew:

- What exercises won't make me hurt more but actually help?
- What gear (braces, canes) adaptive devices should I check in to keep moving?
- How do I know if I'm getting better or just tired?

For Everyone/PCP

- What's the real deal on my recovery? Be honest.
- How do I handle the "why me?" blues?
- Who else should I be talking to or following up with?
- How do you all work together so I'm not repeating my story every visit?

Can I get a custom brace if I need one?

Are there any support groups?

For pain management:

What is the medication that will help with my diagnosis?

Habit forming?

For insurance:

What test will be covered and how often?

Coverage on custom made braces?