



# Save Your Sole

## Foot & Ankle Specialists

### Patient Guide

#### Mission Statement

Welcome to our clinic! Our goal is to provide high quality foot and ankle care to our patients in a professional, caring, and personal atmosphere.

#### Introduction

Podiatry is the broad based medical and surgical specialty dedicated to the prevention, diagnosis, and treatment of diseases and injuries of the foot and ankle. Our scope encompasses treatment and/or service for:

- Achilles Tendonitis/Tendinopathy
- Ankle Pain
- Ankle Sprains and Injury
- Athlete's Foot
- Arthritis
- Bunions
- Burning Feet
- Calf Pain
- Children's Feet
- Corns and Calluses
- Diabetic Foot Care
- Diabetic Foot Infection
- Diabetic Shoe Prescription
- Drop Foot
- Fallen Arches
- Flat Feet
- Fractures, Foot and Ankle
- Fungal Nails
- Ganglion Cyst
- Gout
- Hallux Limitus
- Hammertoes
- Heel Pain
- Heel Spurs
- High Arches
- Ingrown Toenails
- Lisfranc Injury
- Neuroma, nerve damage
- Orthotics, Custom Made
- Pediatric Congenital Foot Deformities
- Peripheral Neuropathy
- Plantar Fasciitis
- Plantar Fibroma
- Platelet Rich Plasma Injections (PRP)
- Rheumatoid Arthritis
- Skin Conditions: Infections, Rashes, Corns, Calluses, Warts, Fungus, etc.

- Sports Medicine and Injuries
- Tarsal Tunnel Syndrome
- Tendonitis
- Trauma
- Turf Toe
- Warts
- Swollen Ankles

## **Office Hours**

Our Fort Collins office is staffed 8am to 5pm Monday through Friday.

## **Locations**

### **Fort Collins clinic**

1927 Wilmington Dr unit 102  
Fort Collins CO 80528  
Phone (970) 416-9009  
Fax (970) 416-9010

### **Windsor clinic**

1220 West Ash St unit A  
Windsor CO 80550  
Phone (970) 416-9009

## **Emergencies**

If you experience a problem you consider an emergency, please call us at (970) 416-9009. The after hours message will give you the phone number for the current on-call physician who will be happy to assist you.

## **Appointments**

Please call (970) 416-9009 to schedule an appointment for either clinic location. Realizing you are in pain, we will make every effort to have you seen as soon as possible. If you are unable to keep a scheduled appointment, please call to cancel more than 24 hours ahead of your appointment time so that your allotted time may be offered to another patient. A \$75.00 fee is charged if you do not show up for your appointment or cancel within 24 hours of your appointment. The \$75.00 fee must be paid before another appointment can be scheduled for you.

Occasionally, emergencies arise that may result in a delay from your scheduled appointment. If possible, our staff will try to keep you informed in advance of such delays. In the event of an unanticipated delay, we ask for your patience and understanding.

## **Initial Appointment**

Your initial appointment will be more time-consuming than follow-up appointments. Quality medical care requires knowledge of your general health and a thorough history of your current foot and/or ankle condition.

**Please bring:**

- Your health insurance card(s)
- A referral if required by your insurance
- A list of your current medications and allergies
- Medical records pertinent to your treatment at our clinic.
- Worker's compensation claim number and referral number (if applicable)
- Motor vehicle accident claim number and policy number (if applicable)

**Referral**

If your insurance requires a referral for you to be seen by a specialist, it is your responsibility to request a referral from your referring or primary care physician prior to your visit. Unless required by your insurance company, a referral is not always necessary.

We utilize a team approach to your medical care. If you are referred from another physician's clinic, we will strive to keep your referring physician informed of your progress.

**Prescriptions**

Prescription refills are issued **only** during regular clinic hours. We suggest you call your pharmacy first for a refill at least 72 hours before you actually need the refill in order to ensure your medication can be taken without interruption. We cannot refill prescriptions on weekends, holidays, or after clinic hours because the on-call physician does not have access to your medical records and cannot determine the appropriate medication for your condition.

**Fees**

The fee for your initial visit will vary depending upon the complexity of your condition. There may be additional charges for:

- X-rays
- Ultrasound
- Medical supplies: orthotics, braces, casts, splints, etc.
- Injections
- Procedures

**Insurance**

We accept most insurance plans. It is imperative that we have your current insurance information so we can process your claim efficiently. Please notify our office of any changes to your insurance policy as soon as possible.

Currently, we participate with the following plans:

Aetna, Anthem Blue Cross/Blue Shield, AARP, Banner Health, CIGNA, Cofinity, GEHA, Great West, Kaiser Permanente, Medicare, Mutual of Omaha, MVP Health Care, Private Health Care Systems (PHCS), Rocky Mountain Health, Tricare, United Healthcare, and United Medical Alliance (UMA), United Medical Resources (UMR).

Please ask about other plans not on this list as this list may change.

### **Financial Responsibility**

All co-pays are due and will be requested at the time of service. We accept cash, check, debit, Visa, and MasterCard for payment. When your insurance “authorizes” or “covers” a service or medical supply, it does not guarantee your insurance company will pay. It is important for you to understand that you are ultimately responsible for payments to your account.

### **About Our Physicians**

**Emily Webb, DPM** received her Bachelor’s degree from UCLA. She received her Doctor of Podiatric Medicine from New York College of Podiatric Medicine, Summa Cum Laude. Thereafter, she completed her surgical residency at Scripps Mercy Hospital in San Diego and Kaiser Permanente in Sacramento. She has been practicing in Fort Collins since 2000. She is a staff physician at Poudre Valley Hospital.

Dr. Webb believes in educating and empowering patients with tools they can apply to improve their health. She believes the best healthcare is a respectful partnership between the doctor and the patient. The doctor’s role is to provide treatment options and to allow the patients to make the best informed decisions for themselves, under the approved guidance of the doctor. When the patient can take accountability for their own health in a preventive manner, it beats any treatment.

Due to the COVID-19 pandemic, Dr. Webb is spending less time in the clinic, and seeing more patients via telehealth. Please call the clinic and inquire about this option for you.

**Evie Plummer, DPM** completed her Bachelor’s degree in Health and Exercise Science from Colorado State University. She received her Doctor of Podiatric Medicine medical degree from Des Moines University College of Podiatric Medicine and Surgery. She then returned to Colorado to pursue her surgical residency training at North Colorado Medical Center Podiatric Medicine and Surgical Residency. Dr. Plummer is a community member of Medical Center of the Rockies Hospital. She has been practicing with Save Your Sole

Foot and Ankle Specialists since 2013. She is passionate about enhancing her patients' quality of life by providing professional and thorough foot and ankle care.

**Tucker Worthen, DPM** received his Bachelor's degree from Utah Valley University in 2007. He then received his Doctor of Podiatric Medicine medical degree from Arizona College of Podiatry at Midwestern University in Glendale, AZ in 2012. Following this he completed his extensive three year podiatric surgical training at Legacy Health and Kaiser Permanente Podiatric Surgical Residency in Portland, OR. During his training, Dr. Worthen gained a special interest in Reconstructive foot and ankle surgery, foot and ankle trauma, and ankle joint replacement. Dr. Worthen is an associate member of the American College of Foot and Ankle Surgeons. He is a staff physician at Poudre Valley Hospital, Medical Center of the Rockies Hospital, and Banner Fort Collins Medical Center.

### **About Our Staff**

We have a dedicated staff to assist you in all aspects of your medical concerns.

Lauryn and Nicole: Administrative Assistant  
Angelica, Melissa, and Eli: Medical Assistant  
Nicole: Surgery Coordinator  
Sammi: Billing  
Lauryn: Compliance