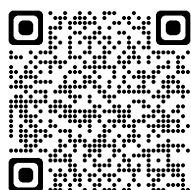


Orthotics Department for children and young people

Information for parents and carers



www.smart.scot.nhs.uk/service/orthotics

What is an Orthotist?

An Orthotist is a fully qualified healthcare professional who specialises in knowledge of biomechanical movements of the body. An Orthotist assesses for and designs various different orthoses to: help with walking; prevent deformities; improve hand function; allow wheelchair bound children to safely use a standing frame; reduce pain in joints or soft tissues.

What is an orthosis?

An orthosis is a support which is worn anywhere on the body from head and neck, spine, arms and hands, to legs and feet, or is placed in a shoe to improve the foot position and aid walking. It can be made of different materials such as plastic, rubber, or fabric with metal hinges. These can be either off-the-shelf stock products, or made especially for your child.

What conditions benefit from orthoses?

Many conditions which affect children's mobility can be aided with orthoses. These include, but are not limited to, Cerebral Palsy (CP), Clubfoot (CTEV), Spina Bifida, Chromosomal abnormalities, Arthrogryposis, muscular dystrophy, Charcot Marie Tooth (CMT), chronic joint or muscle pains all with or without learning disabilities and developmental delay. Orthoses can also be used to treat Musculoskeletal conditions like plantar fasciitis, flat feet, muscle/tendon strains and ligament sprains.

What will I expect at the appointment?

The Orthotist will ask you (and your child) about your child's developmental and relevant medical history and what your aims and goals are from your treatment. There will be assessment of your child's joint ranges of motion, muscle powers, foot posture and walking. Following this you will be informed of our recommendations and will discuss different stock or custom made options. If it is agreed that a custom made Ankle Foot Orthosis (AFO) is needed then we will take a plaster cast of your child's leg from calf to the end of their toes. This takes around 5 minutes to set and will be removed and then used to manufacture the AFO. Sometimes we will draw around your child's feet, or put them into a box with soft compressible foam or take lots of different measures depending on which support is needed.

Do I need to bring anything to the appointment?

Yes, please bring your child a pair of shorts for assessment. Favourite toys or books which can be used for distracting your child may help if they are prone to distress. If you are returning for a review please bring your child's current orthosis with you, (even if they are now too small).

How long will the appointment take?

Please allow 45 minutes to one hour depending on what your child is being assessed for.

Will my child receive an orthosis at their first appointment?

Your child may be given a stock orthosis at their first appointment or they may have to come back for a fitting appointment of something which is custom made for them (this is usually 4-6 weeks from the date of your child's first appointment).

Should I buy new shoes for the appointment?

No, it is best to buy new shoes once your child has been supplied with the orthosis. Please bring their current pair of shoes as this will enable the Orthotist to look at the tread to see how your child has been walking.

What if we cannot make the appointment date or time?

Please give as much notice as possible if you cannot attend as this will allow our administration team to offer the appointment slot to another child on our waiting list. This means that your new arranged appointment may be sooner too. **If you fail to attend without notifying the orthotic department then your child may be removed from the waiting list.**

Alternative formats

For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call **0131 536 9434**

Contact details

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