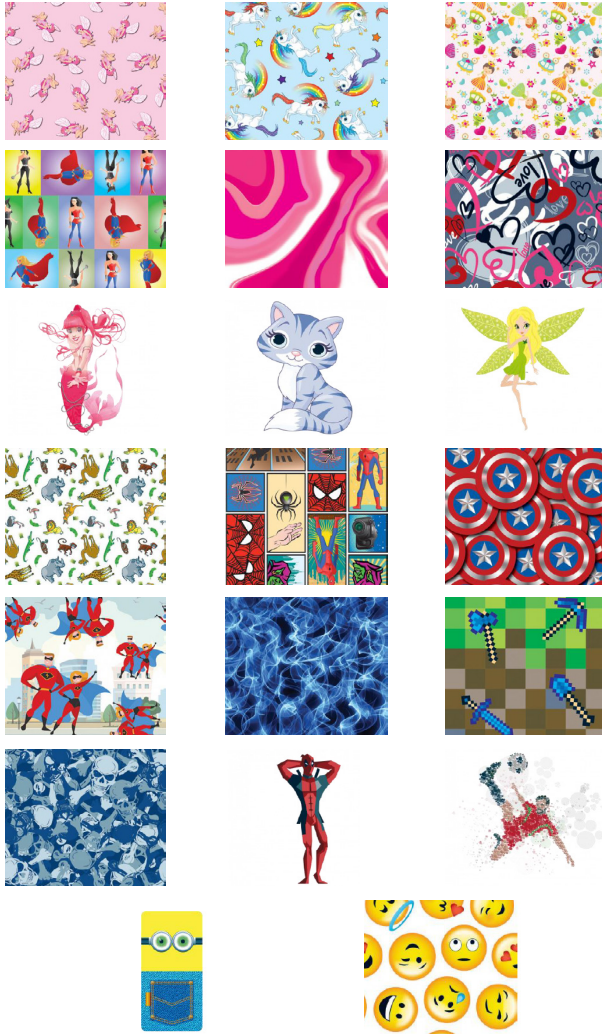


Transfer Options:

You can choose to have a pattern on your brace:



National Spinal Deformity Service

The Orthotic Service



Orthotics Contact details:
Orthotics Dept
SMART Centre
Astley Ainslie Hospital
133 Grange Loan
Edinburgh
EH9 2HL

0131 537 9418

SCOTTISH NATIONAL SPINE DEFORMITY SERVICE

www.nhsllothian.scot.nhs.uk/Services/A-Z/ScottishNationalSpineDeformityService

A Guide for Patients

The Orthotic Service provides care for children and young adults with a range of spinal deformities.

What is an Orthosis?

An orthosis is an externally applied device used to modify the structural or functional characteristics of the neuro-muscular and skeletal systems.

What is an Orthotist?

An Orthotist is a person who has completed a certified course of education and training to design, measure and fit an orthosis. An Orthotist is also approved to do so by a regulatory body known in the UK as the Health and Care Professions Council (HCPC).

Why have I been referred to Orthotics?

You have been referred to Orthotics because your Consultant feels you would benefit from a spinal brace. We have various types of custom braces to treat various types of curve. Your Consultant and Orthotist will decide what type of brace you will get, considering factors such as the cause of the curve, the position of the curve and whether you can stand independently.

Types of brace:

The Boston Brace

The brace can be broken into three sub-categories depending on the location of the curve.

This is a corrective brace and is worn for 20 hours every day. You must be able to stand, with limited support, for this brace to be applied. It is effective only whilst you are still growing. It is important to note that this brace will not correct your curve but aims to stop or slow down the progression.



Thoracolumbar
Brace



Thoracic
Brace



Lumbar
Brace

The Bi-Valved Jacket



This is a postural brace used if you are unable to stand independently. It does not correct the curve but uses the flexibility in the curve to improve your sitting position. This has many health benefits, including better respiration and digestion. As it holds you in a more upright position it also benefits eye contact, arm function and general communication. This type of brace is worn through the day only. It can accommodate feeding tubes, etc.

These braces all have the same assessment and casting process which we will now explain:

Step 1: Your consultant will refer you to orthotics, sending a copy of your most recent spinal X-ray.

Step 2: You will receive your first appointment along with this information leaflet. The first appointment is always at Royal Infirmary of Edinburgh in OPD6. This is a generic casting clinic so the name of the Orthotist on the appointment letter is not necessarily the Orthotist you will see.

This will be an assessment and casting appointment and you should allow between 40-60 minutes.

Step 3: At this appointment you will meet your Orthotist who will discuss the process with you and answer any questions. They will explain to you which type of brace you will receive and why.

Step 4: You will then have a plaster impression taken of your spine using our unique casting frame. Taking a cast ensures your brace will be unique to your shape and as comfortable as possible. The frame also ensures the best possible position of your spine. There will be at least two Orthotists present for this procedure. We advise you to bring along a clean change of underwear and if you have long hair please tie it back.

Step 5: You will be seen again approximately one month later to fit your brace. This appointment will be at our main department which is the SMART Centre within Astley Ainslie Hospital. This is where your brace was made, which means our technicians will be able available to help during the fitting process. Please allow up to two hours for this appointment.

Step 6: We will check your brace six weeks after it was fitted. You will see your Orthotist and your Consultant and will take an x-ray of you in your brace to see what effect it has had. If any adjustments are needed, they will be done at this time.

Step 7: You will then be reviewed every six months by your Consultant. However, you are able to contact Orthotics at any time, including between any of the above steps, if you have any questions or problems.