

Orthotic Department Tel: _____



Information for Patients

Your appointment at the Orthotic Department



Your appointment at the Orthotic Department

What does the orthotic department do?

The orthotic department provides a wide range of braces and supports (orthoses) for all parts of the body, including:

- Foot Supports
- Orthopaedic and diabetic footwear
- Wrist and arm supports
- Calipers, leg supports
- Spinal supports

Orthoses are used to correct, accommodate or maintain good positioning of bones and joints by helping to rest, protect or support you. This may assist your mobility and function.

Who will I see at my appointment?

You will see a qualified orthotist, who will assess you and discuss with you the difficulties you are having.

What might happen at the appointment?

- After the orthotist has examined you, they will discuss your treatment options with you.
- You may need to undress for the assessment and measurements, or plaster moulds may be taken.
- If you wish, you may bring a relative or friend into the appointment with you.
- We may give you another appointment as the orthotist may need to do further assessment.
- A large range of orthoses are kept at the hospital. We may give you one of these at your first appointment.
- If the orthosis has to be ordered for you, a supply appointment will be arranged.

What do I need to bring to the appointment?

- If you are expecting an orthosis for your feet, it is advisable to wear comfortable, well fitting shoes, for example, low heel, lace up.
- If you think that your own shoes will need adapting, (for example raised) please bring a spare pair with you so that you can leave a pair for adaptation.
- If the orthosis is for your leg, please wear loose clothing that can be rolled well above the knees so you will not have to get undressed.
- If you already use something that helps you or you have had an orthosis supplied previously (even if it does not work), please bring it with you as this may help the orthotist to decide on the best course of action.

If you are unsure of what to bring, please phone the department and ask to speak to the clinic co-ordinator, who will be able to advise you. This saves on wasted appointments and prevents you having to return to the hospital to bring things in.

What happens next?

After you have been supplied with an orthosis, you may be reviewed by the orthotist to make sure that everything is alright or given our contact details. The orthotist will discuss this with you.

What happens when my orthosis wears out?

If your orthosis is uncomfortable, wears out or no longer fits, contact the department for reassessment. If the orthosis is still required and you have a valid prescription, it will be replaced. Some minor modifications and repairs can be done the same day but sometimes your orthosis may need to be sent away.

If you need advice about repairs and replacements, please phone the department and ask to speak to the clinic co-ordinator.