**Care of the device**

* Each device will require different care, during your fitting appointment the Orthotist will describe this to you in detail.

What issues do I need to be aware of?

* Some devices may lead to marking of the skin, which is normal, as is a build-up of some hard skin. Provided this is not excessive or painful and discolouration clears within 30 minutes of removing the device, this is nothing to worry about.
* Sometimes devices can lead to sores, blisters, pain or rubbing, if any of this arises, contact the department.

**Contact us**

If you have any problems or questions, please contact a member of

the team who will be happy to discuss them with you.

Telephone: 0151 252 5318

Email: orthotics@alderhey.nhs.uk

This leaflet only provides general information. You must always discuss the individual treatment with the appropriate staff member.

Do not rely on this leaflet alone for information about the treatment.

****This information can be made available in other languages and formats if requested

Alder Hey Children’s NHS Foundation Trust

Eaton Road

Liverpool

L12 2AP

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**Orthotics Department:**

**Who are we &**

**what do we do?**

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**Information for**

**patients, parents and carers**

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**What is an Orthoses?**

* An external device which supports a body part weakened by disease, defect or trauma.
* Orthotics can support and control a limb by limiting movement or immobilizing a limb. Alternatively, an orthosis may enable movement of the body part. They can also be used to reduce weight bearing pressure; to correct shape, position and function or as a rehabilitation device i.e. after removal of a cast. All may lead to a reduction in pain, spasticity, muscle tone and/or slow down progression of a deformity.
* They may be used for many conditions including:

1) Cerebral Palsy

2) Scoliosis

3) Spina Bifida

4) Neuromuscular disorders

5) Talipes (Club foot)

6) Many foot disorders

* These orthoses may be:
* Specialist footwear or adaptations to own footwear
* Insoles
* Ankle Foot Orthoses (AFO) or Knee Ankle Foot Orthoses (KAFO)
* Spinal braces using specialist 3D equipment
* Protective Helmets
* Wigs
* Wrist braces
* Other

**How is an orthotic device fitted, and what is my child’s entitlement?**

* The orthotic device will be fitted by one of our trained Orthotists in clinic
* If the device is a lower limb device, please attend clinic with appropriate footwear that fastens rather than slips on. It is advisable to attend with a few different styles of footwear but to not purchase new footwear until you have the device as it may alter the size that your child wears.
* The Orthotist will advise you on how to properly fit the device and of when and how long the device needs to be worn for.
* Your child is entitled to 1 device at a time due to regular growth in children. The only exception to this is with adaptions to your child’s own footwear; 2 pairs will be adapted at one time.

**Will I receive my device straight away?**

* The Orthotist may be able to provide a stock/off the shelf device on the same day, if suitable to your child’s needs.
* The Orthotist may have to take appropriate measures, scans or casts and either order a device in, make adaptions to a stock product or have a bespoke device made. You will be asked to return for a fitting appointment at a further date.

**Zero Tolerance Policy**

* We operate a zero tolerance policy to abuse towards our staff; both physical and verbal.
* Any patient or relative found to be in breach of this policy may be asked to leave. Please have respect for our team whilst they look after you.