



Orthotic Clinic

Introduction

This is a multi-professional service for: pupils of Chailey Heritage Foundation; residents of our Chailey Rehabilitation Service; out-patient referral (as part of a recommendation) from another of our multi-professional clinics and SASBAH (Sussex Association for Spina Bifida and Hydrocephalus) clients who have been prescribed an orthosis after clinical assessment.

What is an orthosis?

An orthosis is a device which is usually custom made and aims to prevent / resist a deformity or increase function. See overleaf for the commonly prescribed orthoses.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 20 (at time of referral). We will discuss with you and arrange appropriate transfer to adult services after that. In addition to this SASBAH clients can attend if the service is required.

Why choose to come to an Orthotic Clinic?

- To be seen by an orthotist and physiotherapist who have many years of experience in assessing and casting for orthotics.
- To receive an orthosis which is custom made, fitted and adjusted to meet your needs.

Who can refer me to the clinic?

Referrals can be made to this service by your paediatrician, GP, physiotherapist or other healthcare professional. Each request for a new orthosis requires a new referral.

How often are the clinics?

Clinics are held every Wednesday morning for pupils of Chailey Heritage Foundation and residents of the Chailey Rehabilitation Service. Wednesday afternoon is for out-patients.

What would be considered an urgent referral?

If there is a break down or an imminent break down of your skin (pressure sore) or you are unable to function in your normal capacity due to a broken orthosis.

Sometimes tissue trauma (red areas on your skin) can result from wearing an orthosis and alterations will be dealt with at the next clinic.

About the appointment

How long is the appointment?

If a new orthosis is being made the appointment will be approximately 45 minutes. If an alteration or minor adjustment is needed the appointment will be approximately 20 minutes.

Who will I meet?

You will meet :

- Orthotist
- A Senior Physiotherapist

Where will the appointment be?

The casting for the orthosis is done on site at Chailey Clinical Services in our plaster room. The fitting and any adjustments can be done at Chailey or at John Florence's workshop in Lewes.

What Should I bring?

Bring your existing orthosis. If you are to be cast for a new one then it is important to wear clothes which are easy to take off and put on.

What will happen in the clinic?

If you have been referred for a new orthosis this requires wet plaster of paris being applied to the areas of your body e.g. your foot, trunk or arm, your personal dignity will be respected at all times. Once it has dried (approximately 3 minutes) the plaster is removed.



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What will happen during the appointment?

The orthosis is made from the cast in the John Florence Orthotic Workshop in Lewes. It is then usually ready for fitting within 7-10 days of the cast being taken.

If a minor adjustment is needed this will be assessed at your appointment and again the orthosis will be sent to the John Florence workshop for the work to be carried out. It is usually then ready for re-fitting within 10 days.

We will explain the process to you at each stage of the process, please feel free to ask any questions. You will be able to contact the physiotherapist and the orthotist between appointments and we will provide you with full information on how to use one or all of your orthoses.

What will happen after the clinic?

Once we have fitted and provided your orthosis we will probably not need to see you until the orthosis becomes too small or wears out.

We usually need to provide a new orthosis for growing children and young adults every 6 to 12 months.

Commonly prescribed orthoses:

TLSO – Thoracic lumbar sacral orthosis

This is provided to improve posture or to prevent / resist the progression of a scoliosis (curvature of the spine).

KAFO – Knee ankle foot orthosis (hinged and un-hinged)

This orthosis is usually provided to allow for independent walking.

DAFO – Dynamic ankle foot orthosis

A DAFO is usually prescribed when support, flexibility and comfort are required for walking and standing.

WHO – Wrist hand orthosis

A WHO is usually prescribed to provide support and resist deformity (*see also Upper Limb Clinic profile).

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:** 01825 722112

 **Fax:** 01825 724719

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:
www.sussexcommunity.nhs.uk/chailey