

A Parents Guide to Orthotics

Children's Orthotics Service



What is an orthosis?

An orthosis is a device that is placed in a shoe to improve the foot position and aid walking.

My child has been referred to Orthotics, what happens next?

Your child will be placed on a waiting list, and an appointment will be sent to you in the post. We aim to see all children within 18 weeks of their referral.

Cancellations

On occasion we may ring you at short notice to try to fill any cancellation slots. Please make sure the department has your up to date contact details.

What will I expect at the appointment?

The Orthotics Service assesses your child's foot posture and walking, then provides support in the form of a heel cup (insole) or AFO (splint) if required.

Your child will be assessed by an orthotist and possibly the clinic physiotherapist (if your child already has a community therapist).

Will the assessment be uncomfortable for my child?

No. Your child may feel a stretch on assessment.

Do I need to bring anything to the appointment?

Yes, please bring your child a pair of shorts. 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 30 to 45 minutes depending on the type of appointment.

Will my child receive an orthosis at their first appointment?

Your child may be given an orthosis at their first appointment or they may have to come back for a fitting appointment (this is usually between 2-4 weeks from the date of your child's first appointment).

I have been told my child may require a splint, what will happen?

Your child's community physiotherapist may have spoken to you about a splint. If your child requires a splint (this can be also called an AFO), a cast will be taken of their leg so the splint can be custom made for them. They will be able to choose the colour pattern of the splint.

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/physiotherapist to see how your child has been walking.

For further information about this service contact:

Children's Orthotics Service
Children's Physiotherapy Department
The Peacock Centre
Brookfields Campus
351 Mill Road
Cambridge
CB1 3DF

Tel: 01223 218065

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.