



One minute guide

Issue 2: November 2019

Orthotics

What are orthotics, and what is an orthotist?

Orthotics, or orthoses is a name given to a range of supports, e.g. splints, supportive boots and insoles. When used properly, these help to control movement, provide support, relieve pain and correct or prevent joint pain and muscle tightness. An orthotist is a health professional who assesses patients and supplies orthoses, often working closely with physiotherapists and other health professionals, as well as working with families to identify the goals for an orthotic support.



Supportive insoles can correct mild difficulties with foot posture to align the foot in to a more typical position.

Specialist boots can provide more support than ordinary footwear to improve foot position, balance and stability. They can be used with or without supportive insoles.



Splints are moulded to the individual child's foot to provide maximum support and correction. They can be made in different shapes, sizes and colours.

Who are the orthotists?

Leeds Community Children's Physiotherapy Service provide an orthotic service for its children and young people. This contract is currently upheld by Blatchfords.

Where are the orthotic clinics?

Leeds Community Children's Orthotic clinics are held at our three ICAN bases (see below). There is also a separate GP funded orthotic service at Seacroft Hospital.

Who can access the orthotic service?

Any Leeds resident child aged 0-19 years with a long term neurological or developmental condition, who is currently being seen by one of our community physiotherapists. The referral can only be made by your child's physiotherapist.

What happens in an orthotic clinic?

The orthotist will assess your child (sometimes together with their physiotherapist) and talk to you about their problems. They will discuss your child's current goals and how orthotics might support these.

You may be given advice or information to guide you in self-management of your child's condition. Alternatively, the orthotist may suggest provision of an orthosis.

You may need to attend a further clinic appointment for the orthosis to be fitted and its use explained to you. The provision of an orthosis may be a one-off or the orthotist may advise continuing with orthotics. They may advise continuing with the same type of orthosis or suggest an alternative, depending on the assessment.

The orthotist may discharge your child from the service once the treatment is complete or if the orthosis is not used as agreed.

Contact us:

Children who have a community physiotherapist

- If your child has already been referred to the Physiotherapy Orthotic Clinic, parents / carers need to ensure they arrange follow up appointments as suggested by calling **0113 8433620**.
- If you are unsure if your child needs orthotics, please discuss with your child's named physiotherapist by calling the relevant hub base (see below).

Our core hours are 8:30am-5pm Monday to Friday.

Web: <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/integrated-childrens-additional-needs-service-i-can4/childrens-physiotherapy/>

Central Admin Services Tel: 0113 8433620 Email: childrenscommunityicanservices@nhs.net
St George's Centre (South) (0113 8432000)
Reginald Centre (East) (0113 8435700)
Wortley Beck (West) (0113 8438000)

Children who do not have a community physiotherapist

- If your child is not under the Physiotherapy Service, please discuss a referral to orthotics with your GP.
- If your child has been transferred to Seacroft Hospital Orthotics Service, please contact them on **0113 2063787**.