Orthotists specialise in the assessment of the whole body for biomechanical problems and if appropriate may prescribe, measure, fit and review an Orthosis.

An Orthosis is an externally applied device which may also be called a ‘brace’ or ‘splint’.

The purpose and design of an orthosis may change over time with the changing needs of the patient.

An Orthosis can: improve function, reduce pain, prevent deformity.

**PRESENTING COMPLAINT**

Impaired gait pattern due to a neuromuscular condition/problem, this can be instability in stance or a dropped foot when walking.

Pain due to an arthritic condition which may benefit from immobilisation or pressure relief

Diabetics who have been screened and given a risk stratification of ‘high risk’ for insoles or footwear to prevent foot ulceration

Contracture management

Inguinal or abdominal hernia

Foot deformities which do not allow patients to wear commercially available footwear

Pressure sore prevention

**WHO TO REFER**

Patients who are older than 16 in Greater Glasgow Area.

All Patients who need to be assessed for suitability for provision of an Orthosis in Clyde.

**Greater Glasgow Sites Are:**

Glasgow Royal Infirmary, Gartnavel General, Stobhill, Southern General and the New Victoria Hospital

**Clyde Sites are:**

Inverclyde Royal, Royal Alexandra Hospital, Vale of Leven Hospital.

Examples of some different types of Orthoses are:

- Prescription Footwear
- Insoles
- Foot Orthoses
- AFO’s or Ankle Foot Orthoses
Knee braces
Upper limb orthoses – eg hand splints
Hernia Supports
Spinal supports
Collars
Pressure relief orthoses

WHO NOT TO REFER
Patients under 16 within Greater Glasgow – these should be referred to the Paediatric Orthotic Department the Royal Hospital for Children
Patients who require artificial limbs – these should be referred to Prosthetics at Westmarc

HOW TO REFER
- Via SCI Gateway

CONTACTS
If you wish to discuss the referral further:
- NHSGGC Orthotic Service
  All sites Contact: 0141 211 1459
Patient Pathway

Patient Presentation
- Gait problem
- High risk diabetic foot
- Pain due to arthritic conditions
- Contracture
- Hernia
- Foot deformity

Referral to Orthotic service

Self Care
Primary Care
Secondary

Patient Pathway

Orthotic Clinic
Patient attends triage appointment
Measurement
- Measurement of orthosis

Orthosis is delivered, patient discharged or reviewed if needed.

Fitting
- Orthosis is fitted and adjusted for optimum function

Deliver
- Orthosis is delivered, patient discharged or reviewed if needed.

Patient attends for assessment or measurement for orthosis

Measurement
- Patient attends for assessment or measurement for orthosis

Fitting
- Orthosis is fitted and adjusted for optimum function

Deliver
- Orthosis is delivered, patient discharged or reviewed if needed.

Revie
- Patient attends a review appointment if needed, then is discharged

Deliver
- Orthosis is delivered, patient discharged or reviewed if