

Orthotics following your amputation

What does the orthotic department do?

The orthotic department provides a wide range of braces and supports (orthoses) for all parts of the body, including:

- Foot Supports—Insoles
- Diabetic footwear
- Wrist and arm supports
- Callipers, leg supports
- Spinal supports

Orthoses are used to correct, accommodate or maintain good positioning of bones and joints by helping to rest, protect or support you. This may assist your mobility and function.

Who will I see at my appointment?

You will see a qualified Orthotist and Podiatrist, who will assess you and discuss with you the difficulties you are having

What might happen at the appointment?

- After the Orthotist has examined you, they will discuss your treatment options with you.
- You may need to undress for the assessment and measurements, or plaster moulds may be taken.
- If you wish, you may bring a relative or friend into the appointment with you.

Specialist Clinics with Podiatry.

We hold a regular multi-professional clinic for our amputees, so that a full assessment with a Podiatrist and Orthotist can be completed at the same time. These are held on a Tuesday afternoon at the Podiatry Clinic held at the Disablement Services Centre, Cumberland Infirmary.

At this appointment your future foot care needs will be assessed by our Podiatrist and appointments may be arranged for you in your local area if necessary.

You will be assessed for suitable footwear by our Orthotist to help to decrease the risk of injury/friction to your remaining foot. Once fitted you can have 2 pairs of shoes a year. They can also supply orthotic insoles to support your remaining foot if it is needed.

Can I self refer to the department?

If you would like to be assessed in the department please ask your Physiotherapist, Podiatrist, Consultant or GP to refer you to the department. Your referral will last for 3 years. During that time you can request a review with an Orthotist to assess your needs.

What do I need to bring to the appointment?

- If you are expecting an orthosis for your feet, it is advisable to wear comfortable, well-fitting shoes, for example, low heel, lace up.
- If you think that your own shoes will need adapting, (for example raised) please bring a spare pair with you so that you can leave a pair for adaptation.
- If the orthosis is for your leg, please wear loose clothing that can be rolled well above the knees so you will not have to get undressed.
- If you already use something that helps you or you have had an orthosis supplied previously (even if it does not work), please bring it with you as this may help the orthotist to decide on the best course of action.

What to expect at my appointment?

After the Orthotist has examined you, they will discuss your treatment options with you. You may need to undress for the assessment and measurements, or plaster moulds may be taken. If you wish, you may bring a relative or friend into the appointment with you. We may give you another appointment as the Orthotist may need to do further assessment.

A large range of orthoses are kept at Carlisle only. We may give you one of these at your first appointment. If the orthosis has to be ordered for you, a supply appointment will be arranged.

Where are we based?

We are based at **the Specialist Rehabilitation and Mobility Centre (SRMC)** at the Cumberland Infirmary, Carlisle

However, we also carry out clinics at:

- Outpatients department, Penrith Hospital
- Outpatients department, Workington Community Hospital
- New outpatient department, West Cumberland Hospital
- Outpatients Department, Keswick Community Hospital

Please let us know which clinic you would like to attend by telephoning the SMRC and discussing with an Orthotic Administrator.

If you have any questions please contact us at;

**Disablement Services Centre, Rehabilitation Department
Lower Ground Floor, Cumberland Infirmary, Carlisle, CA2 7HY
Tel: 01228 814783 Mon – Friday: 08:30 – 16:30**

Transport

Transport is available, if you meet the eligibility criteria Otherwise you will need to make your own way to the DSC. Please phone 0800 032 3240 to book your own transport

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

ID: AMP005

Version: 1

Issue date: July 2019

Review date: July 2021