

Patient Services - Orthotics

What we offer

At pace we offer a combined MDT approach to assessment and prescription of your Orthosis.

Our experienced clinicians will carry out a detailed physical examination that will assess:

- Joint ranges of motion and alignment
- Muscle strength and functional control
- Gait analysis using video and pressure analysis techniques
- Psychological wellbeing screening



Following our assessment our team will prescribe one or more Orthoses best suited to help achieve your goals. These may be anything from simple off the shelf orthosis to a fully bespoke device manufactured in our on-site workshop.

Some examples of commonly prescribed orthoses include:

- Functional foot orthoses & Orthopaedic footwear
- Ankle Foot Orthoses (AFO's)
- Knee Orthoses
- Knee Ankle Foot Orthoses (KAFO)
- Upper Limb orthoses

It is often the case that one orthosis may not be suitable for all activities of daily living and recreational pursuits. It may be required on occasions to prescribe two or more orthoses to maximise the full functional potential of the individual.

Rehabilitation

At Pace Rehabilitation we recognise that provision of a stand-alone orthosis does not enable an individual to reach their maximum potential. We often recommend a package of rehabilitation alongside orthotic provision.

Your rehabilitation team will differ depending on the support you need. At Pace this may include Physiotherapy, Occupational Therapy and/or Psychology. Additional services such as sports massage and personal training are often recommended, this can be provided at Pace or by a local provider.

Following the initial assessment, we will provide a full breakdown of the therapy input we advise for optimum functional recovery; from physical and psychological support through to home and work environmental assessments and vocational rehabilitation. Depending on your location and rehabilitation preferences this might be intensive days varying between 2 – 5 consecutive days, or appointments on a weekly basis.

Our therapy team, orthotist and workshop technicians are fully integrated meaning everyone is always informed of the treatment plan. We can therefore ensure effective progress monitoring and can react quickly to any changes in circumstances.

Rehabilitation may be recommended prior to commencing any orthotic provision. There are a number of reasons this may be indicated:

- Musculoskeletal imbalances and movement compensations may be improved without requiring an external orthotic device.
- Healing times and surgical protocols may dictate periods of non-weight bearing or use of external fixation devices – orthotics may or may not be functionally useful at this time, but this is a crucial rehabilitation and preparation phase physically, environmentally and emotionally.

Our rehabilitation team are highly skilled in management of major trauma, from limb salvage through to amputation. We understand the recovery period can be lengthy and functional limitations will be ever changing and we have the experience to adapt and manage each stage of the journey.