

Referral Criteria for Orthotic assessment

Referrals can be made to Airedale Hospital Mobility Services for an Orthotic assessment when the patient meets the following criteria

- Is registered with a GP within the Airedale, Wharfedale and Craven Clinical Commissioning Group area including Bentham
- Is lawfully entitled to receive NHS treatment
- Has an acute or long term condition requiring specialist Orthotic assessment

The service is for the specialist assessment and prescription of orthoses to manage acute and long term conditions to improve posture, function and mobility and reduce pain. Common examples and benefits include (but are not limited to)

- Orthopaedics – pre & post-operative joint support and rehabilitation
- Arthritis and rheumatic conditions – pain relief
- Acquired neurological conditions such as Stroke, Traumatic Brain Injury and Spinal Cord Injury
- Diabetes – orthoses for preventing and reducing ulceration
- Life-long neurological conditions including Cerebral Palsy, Spina Bifida, Muscular Dystrophy - contracture prevention and management, gait optimisation
- Limb weakness such as in polio, Guillain-Barré syndrome , Motor Neurone Disease and Multiple Sclerosis - improve independence and mobility
- Vascular and tissue complications – pressure relief and management of oedema
- Biomechanical and musculoskeletal foot dysfunctions associated with a long term condition – manage posture and functional alignment for pain relief and prevention of reoccurrence
- Foot deformities which cannot be accommodated in ready-made shoes

The Orthotist will identify the orthotic needs with the patient before agreeing the most suitable provision. Referrals which do not meet these criteria will be signposted with advice.

Patients presenting with plantar foot pain but without complex pathology should be encouraged to self-care with exercises and try off the shelf devices before being referred for specialist support.

Orthotic services DO NOT PRESCRIBE FOR

- Any item where there is no specific clinical or biomechanical need
- Simple devices available from retailers including basic insoles, wrist splints and braces, silicone toe spacers and compression hosiery available to purchase from retailers without prescription
- Footwear for forefoot and toe deformity which can be met within the range of extra wide or deep shoes available to purchase from retailers without prescription
- Footwear or insoles for flexible flat feet or hallux valgus/rigidus with no associated symptoms or co-morbidity
- Recurrent patella dislocation or Osgood Schlatters disease
- Safety footwear where the employer should provide Personal Protective Equipment
- Items solely for sporting or educational purposes or because of socio economic reasons or historic practice