

What is an Orthosis?

An Orthosis is an externally applied device used to modify the neuromuscular and musculoskeletal systems.

Neurological Conditions

A disorder of the nervous system may result in **sensory and movement challenges** for the patient:

Decreased control of body movements with **ataxia**.

Muscle imbalance leading to **loss of joint range** or **contracture**.

Muscle paralysis or spasticity; **decreased tone** leading to **weakness**; **increased tone** leading to **stiffness**.

Fine-tuning orthoses can improve **gait efficiency** lowering **energy expenditure**.

Orthoses may be prescribed for **functional loss**. They can be used **dynamically** to **assist** absent joint motion or **statically** to **resist** or **block** unwanted motion.

Orthoses may be prescribed to **correct** or **accommodate deformity** and/or **decrease pain**.

Orthoses **optimise** the **biomechanics** by placing the affected joints in a **stable position**.

Orthotists are registered health professionals who **assess, diagnose and treat neurological conditions** using orthoses as part of the treatment. The Orthotist may prescribe orthoses such as **insoles, footwear, braces and splints**.



Your Orthotist...