

Your health and mobility are crucial to your quality of life. With expert assessment and advice you may still be able to do the activities you enjoy.



Patient and Family Education for Use, Maintenance and Care of Orthoses

- Wear the orthosis for one hour each day and gradually increase the time until you reach 7-8 hours per day.
- After this break-in period, wear your orthosis all day long or **AS PRESCRIBED**.
- Always use cotton socks under orthosis for skin protection by absorbing the sweat.
- A new orthosis may cause redness of the skin. after removing it should subside in 20-30 minutes. If it does not, you need to consult your orthotist.
- Orthosis must be cleaned with anti-bacterial \ wipes regularly
- Repair the cracked or broken parts as early as possible

- A new orthosis may be required after been reassessed by observing the changes which may occur in the form of any pressure sores , change in condition or mal alignment.

Health fund rebates available
Pension/Health Care Card holders may obtain funding for some appliances through Queensland Health.
(Forms avail. from us)
WORK COVER & VETERANS AFFAIRS COVER OUR SERVICES

Visiting Feet First Orthotics

Once we receive the patient we do evaluation of the patient for the prescribed Orthosis. Some orthoses can be fitted during the first visit. However, most of the orthoses are custom made. These require return visits(appointments) following the initial measurements.

Location: 2/39 Technology Drive Warana Qld 4575



CLINICS: Warana, Buderim, Kawana, Noosa
Home visits available on request

Orthotists:

Leonie Walton, Basreen, Faiz Rahman



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FEET FIRST
ORTHOTICS

**SERVICING SUNSHINE COAST
& WIDEBAY FOR OVER 20
YEARS**



SPINAL BRACES

There are many different types of spinal Braces designed for varying degrees of degeneration and chronic back pain.

Spinal Orthoses for adolescents with scoliosis and kyphosis

Adolescent Thoracic Scoliosis



Strengthening exercises should be a priority when managing back pain. Braces may be used during certain activities which aggravate your problem and can provide substantial pain relief.

FOOT ORTHOSIS

*Back, hip or knee problems?
You may be standing on the answer.....*

Custom mould arch supports from plaster casts of the feet may help your problem.. Orthotists have been making foot orthoses for decades and specialize in the field of Orthotics. We make a large range of custom made foot orthoses from the latest synthetic materials, every design being different and specific to the individual's weight, structure, activity level and symptoms.

Conditions:

- Plantar fasciitis/heel spur:
- Morton's neuroma
- Metatarsalgia
- Tendonitis
- Shin splints
- chronic foot/ankle/knee/back pain
- Pes Planus / Flat Feet and Artheritis



ANKLE FOOT ORTHOSIS (AFO)

An AFO is made from a plaster mould of the leg and foot. Joints may be built into the brace to allow normal ankle movement or to assist in bringing the foot up when there is muscle weakness.



AFO is commonly used to treat symptoms due to Stroke, Osteoarthritis, Parkinson's, Multiple Sclerosis, Cerebral Palsy, Peroneal Nerve Damage, Charcot Marie Toothe, Peripheral Neuropathy



The AFO slips inside the shoe just like an ordinary foot orthotic and is secured around the leg with a Velcro strap

MOON BOOTS: Moon boots are commonly used for stable fractures within the foot and ankle area instead of applying a plaster cast.



Advantages

- Remove for showering
- Airflow to skin
- Comfort for walking

KNEE BRACES

Some knee braces are designed for temporary use after surgery or for fractures around the knee joint.

Other, less bulky designed knee braces are made for long term use for degeneration of the knee joint.



ROM Knee Brace



J-Brace



OA knee without Brace



3 point leverage system



OA knee with Brace



We fit custom fitted orthosis to provide maximum support and stability

Knee Ankle Foot Orthosis (KAFO)

KAFO is commonly used to treat symptoms due to paraplegia, polio, trauma or neuromuscular dystrophy. Different types of knee joint systems will be used for KAFO's depending on the patient's deformity. It could be a free knee joint for mobility or a drop lock for knee control or stability.

