

Below Knee Caliper for Children

An information guide



Below Knee Caliper for Children

What is this leaflet about and who is it for?

This leaflet is produced for the parents and carers of children who have been provided with a below knee caliper by the Orthotics service. It will explain how you should care for the orthosis and other important information about the Orthotics service. We hope you find this information useful. If you require further information or you are unable to attend an appointment, please telephone the Orthotics department where the appointment has been made for you as soon as possible:

What is a below knee caliper?

Your child has been supplied with a below knee caliper which is designed to control the ankle joint and foot when deformity and/or instability are present. The Orthotist has designed this device for your child's specific problem, so if he/she experiences any problems or if you feel that the orthosis provides inadequate control you must let the Orthotics department know immediately.

What is my child's entitlement ?

Your child is entitled to one below knee caliper (or one pair if both legs are affected). Due to growth in children, a spare caliper/pair of calipers would not normally be provided unless there was a particular clinical need. However they will be given a second item / pair after inspection of the original orthosis by the Orthotist for the following reasons:

- If your child outgrows the caliper
- If the original orthosis is deemed to be clinically ineffective by the Orthotist
- If the original orthosis is beyond repair

Theft, loss or damage of your caliper

If the caliper is stolen you will need to obtain a crime number from the police before we are able to order a replacement. If the caliper is lost or damaged (either accidentally or maliciously) you will be asked to pay for its replacement. The average cost of a replacement caliper is £100.

How should the caliper be used?

- Sit your child with the knee bent at 90 degrees and the foot flat to the floor
- With the strap on the calf section unfastened and the free edge pulled back, offer the calf band up to the back of the leg with the metal spur at the bottom of the caliper level with the tube in the heel of the shoe
- Whilst keeping the calf band lightly in contact with the back of the calf, push the spur into to tube in the heel of the shoe.
- Bring the free edge of the calf band over the front of the leg and fasten the velcro strap through the metal loop on the inside edge of the calf band (this should be fastened comfortably firm)
- If the shoe has a strap attached to keep the spur in the tube, this should be fastened so it passes OVER the top of the caliper
- If the shoe has a strap which is designed to support the ankle, this should also be fastened so that it passes OVER the top of the caliper and should be fastened comfortably firm (as advised by the Orthotist)

Are there any safety precautions I should take?

- Ensure that the spurs are located correctly in the sockets
- Check that the straps are secure and remain secure when standing
- Regularly check the orthosis for wear or damage.

How should I care for the orthosis?

- Spurs should be lubricated weekly with petroleum jelly (such as Vaseline or chemists own brand) to ensure they can move freely within the socket
- Keep the caliper away from direct sources of heat or cold and never immerse it in water
- Any joints should be cleaned regularly using an old toothbrush or similar
- You are responsible for looking after the orthosis and returning it for repair, you should never attempt to modify or adjust the orthosis yourself.

What problems should I be aware of?

If you notice any of the following, please contact the Orthotics department as soon as possible:

- Skin redness that doesn't fade after 15-20 minutes
- Sores or blisters on the skin
- Pain, irritation or rubbing
- Any damage to the caliper.

Will the caliper affect footwear?

In order to accommodate the caliper, sockets and possibly leather straps will need to be added to the child's footwear.

Further appointments

Following supply of the initial caliper a review appointment will be arranged at the discretion of the Orthotist. You will also be told about the follow up procedure. However if you feel your child's condition has worsened, or they are experiencing problems with the orthosis, you can ask to see the Orthotist for a review appointment by telephoning the Orthotics department where you had your original appointment.

Contact Numbers:

Rochdale Infirmary	01706 517055
Royal Oldham Hospital	0161 627 8890
North Manchester General Hospital	0161 720 2164
Fairfield General Hospital	0161 778 2847

Notes:

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



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