

## INFORMATION FOR PATIENTS

# Fabric gaiters

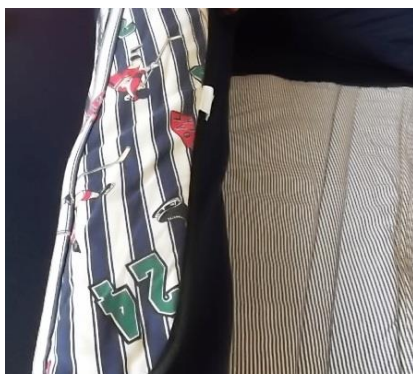
This leaflet is intended as further help to parents, guardians and carers whose child uses fabric gaiters. Gaiters are used to support the knees to stop them bending when standing, for use in bed, or long sitting to give the hamstrings a stretch.

### Step by step guide:

1. Undo the velcro straps and slide the open gaiter under the leg. Most gaiters have straps on the inside that pull to the outside.



2. Wrap the side without the straps over the knee first. The bar should rest on the side of the knee. Adjust the gaiter position if not.



Wrap the strap side over the leg so that the other bar rests on the side of the leg also. Pull the fabric firm and take out as much of the creases/folds as possible.

3. Untangle the straps and lay them out straight.



4. Working from the bottom, wrap the straps around and underneath the leg. They must be firm but not tight.



If the knee is tight, keep adjusting and pull the creases out of the material.

5. Once all the straps are secure the side bars should follow the contour of the leg on either side. If the gaiter is twisted, one bar will be further forward than the other.



If the knee is tight and flexed, you will need to adjust the first straps again. If you experience any problems, please contact your technical assistant at the Children's Therapy Centre to request a review appointment.

### Eligibility

One gaiter/pair of gaiters will be supplied initially. As this wears out, we will replace it. The life span of the gaiter will depend on a number of factors. If you wish to have more braces, please contact the department for a quote.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again. If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

### Your technical assistant is

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### Your orthotist is

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### Contact details

Orthotics Department  
Clinic 2  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

### Clinics are held at:

- Clinic 2, Kings Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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