

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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.n@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.

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 or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Gaiter fitting



What are gaiters?

Gaiters are an orthotics device that we use to help aid children to support stretching out the hamstring muscles.

For your child to receive a pair of gaiters your physiotherapist has determined that your child has got tight hamstring muscles and would benefit from this device to help stretch these muscles out.

For effective treatment, it is recommended they are used for at least 45 minutes every day.

How to fit the gaiters



1) Unwrap the gaiter and place under the leg. Make sure the wider end is placed at the top to cover around the thigh. Make sure the gaiter isn't positioned too far up the leg into the groin or too low around the ankle bones.

TOP TIP – place the Velcro on the outside of the leg to prevent it from tangling with the opposite side.

2) Fold the gaiters over the knees, making sure the two metal bars running down the gaiter are positioned either side of the knee cap.



3) To secure the gaiter please pull over the middle straps making sure that the kneecap is in between the straps. You may need to adjust the gaiter to prevent this.



4) See photo for demonstration of where the kneecap should sit in the gaiter.



5) See photo of both gaiters fitted.

6) See photo for demonstration of long sitting; the gaiters will support in keeping your knees straight to allow for an ideal stretch.

IMPORTANT

Please check your child's skin after each use for any potential skin damage. If the gaiters are persistently marking the skin, then you may need to speak with your physiotherapist or the orthotics team about a replacement.

