



Clinical Orthotic Services Guide

PROSTEK

Orthotic Prosthetic Services

Prostek is an Adelaide owned and operated company that has been providing services to South Australians for over 25 years.

We have a team of qualified Prosthetists / Orthotists and technicians who specialise in clinical assessment, fabrication and fitting of Orthoses (bracing and supports) and Prosthetics (Artificial limbs). Our service is provided by incorporating knowledge of biomechanics, human anatomy and physiology as well as materials technology.

Our range is not limited to the orthoses described in this guide, as we have access to all major orthotics suppliers and custom bracing is our specialty.

Our main facility is at Mile End which contains our clinical, technical and administrative services. We have additional clinical rooms at Mawson Lakes to assist in servicing the northern suburbs. We also provide inpatient services to most Adelaide hospitals.

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FOOT



Heel Spur Pads

Description: Silicone, urethane, or polymer gel heel cups which offer shock absorption to the heel.

Indications: Plantar fasciitis, Heel Spurs, Heel bruising, general heel pain.



Internal Heel Raise

Description: Firm EVA shoe insert / wedge to internally raise height and / or plantarflex the ankle.

Indications: Leg length discrepancy less than 1.5cm, Achilles Tendonitis.



Carbon Fibre Foot Plates

Description: Carbon Fibre plates, which fit into footwear. Available in various sizes, stiffness and contours. Often used in conjunction with foot orthoses to provide rigidity to the shoe and help reduce foot movement.

Indications: Arthritis of the Midfoot or MTP joints, post foot fracture management, metatarsalgia, Morton's neuroma.



Semi Custom Foot Orthoses

Description: A prefabricated alternative to custom foot orthoses. They provide moderate arch support and good cushioning. Various additions such as metatarsal domes may be added where required.

Indications: Arthritic feet, plantar fasciitis, diabetic protection, metatarsalgia, neuroma, shin splints, stress fractures.



Custom Foot Orthoses

Description: EVA shoe inserts, custom made from impressions of the patients feet following assessment including gait analysis. Custom foot orthoses are constructed from various densities of EVA and other cushioning materials where required.

Functionally they provide alignment correction, arch support, weight redistribution, and cushioning

Indications: Conditions related to over pronation, pes planus and pes cavus alignment, arthritic feet, plantar fasciitis, diabetic protection, metatarsalgia, neuroma, shin splints, stress fractures.



UCBL

Description: The UCBL orthosis gains it's name from the University of California Berkley Laboratory where it was developed as a functional corrective foot orthosis. The UCBL is a custom made device, constructed of polypropylene, that provides rigid control of the foot and aims to hold a neutral calcaneal position.

Indications: Correctable pes planus or hyper mobile overpronation particularly for children and lightweight individuals.

FOOT



Footwear

Description: Comfortable, supportive, footwear in width and depth fittings. Available in various styles and colours.

Indications: Appropriately accommodate a variety of orthopaedic conditions (eg arthritis), Diabetic foot protection and accommodation of orthotic devices.



Footwear modifications

Description: Various modifications may be made to existing footwear to provide external control of foot, ankle and leg conditions. Modifications include; shoe raises, rocker soles, sole flares, heel wedges.

Indications: Leg length discrepancies, fused ankles, varus or valgus ankle deformity, arthritic foot and ankle conditions, metatarsalgia, stress fractures.



Post Op Shoes

Description: Open toed, soft upper with adjustable Velcro closure to accommodate post op dressings or cast.

Indications: post operative management of the foot and toes.



Pressure Relieving Shoes

Description: Open toed, soft upper with adjustable Velcro closures. Incorporates soft adjustable insole to redistribute weight and unload specific areas of the foot.

Indications: Diabetic ulcers of the foot, post operative management.

ANKLE



Ankle Stabilising Orthosis (ASO)

Description: Lace up ankle support with figure 8 stabilising straps that provide inversion and eversion control. Worn within lace up foot wear.

Indications: Sporting applications, lateral ligament injury, deltoid ligament injury, prophylactic use, early ankle osteo and rheumatoid arthritis, tibialis posterior dysfunction.



Custom Leather Ankle Orthosis

Description: Custom made, fully lined leather brace, with lace up or Velcro fastening. Made over a custom plaster impression. Increased level of support compared to standard lace up orthosis.

Indications: Arthritic conditions, post ankle arthrodesis.

ANKLE



Air Cast Ankle Stirrup Brace

Description: Rigid stirrup ankle orthosis with medial and lateral plastic shells with pneumatic padding and Velcro closures.

Indications: Medio-lateral support and protection for acute post injury and post operative use.



Leaf Spring Ankle Foot Orthosis (AFO)

Description: Polypropylene thermoplastic brace which controls the ankle to prevent excessive plantar flexion during the swing phase of gait to allow toe clearance and provide stability.

Indications: Drop Foot.



Carbon Fibre Ankle Foot Orthosis (AFO)

Description: Carbon fibre version of leafspring AFO with added dynamic response cushioning heel strike and assisting toe off. Also more open design and less patient contact than conventional leafspring AFO.

Indications: Drop Foot.



Solid Ankle - Ankle Foot Orthosis (AFO)

Description: Custom made polypropylene thermoplastic brace which immobilises ankle plantar and dorsi flexion and provides inversion and eversion control.

Indications: osteo and rheumatoid arthritis, alternative to ankle arthrodesis, control of spastic paralysis.



Articulated Ankle Foot Orthosis (AFO)

Description: Hinged polypropylene thermoplastic brace which allows ankle motion while providing medio-lateral stability. Plantar flexion stops may be used to allow dorsiflexion but prevent plantar flexion. Dorsi flexion assist joints may be used to aid dorsi flexion during swing phase of gait.

Indications: Drop foot, varus or valgus ankle deformities.



Short Articulated Ankle Foot Orthosis (SAAFO)

Description: Hinged polypropylene thermoplastic brace which is shorter than other AFO's (mid tibia) that allows ankle dorsi and plantar flexion while providing medio-lateral a support.

Indications: Tibialis posterior dysfunction syndrome, subtalar joint arthritis, correctable inversion / eversion and pronation / supination deformities.



Ground Reaction Ankle Foot Orthosis (GRAFO)

Description: Thermoplastic or carbon fibre laminate brace with high anterior proximal trim lines which immobilises the ankle and provides control to knee flexion and extension.

Indications: Combination of ankle weakness instability such as drop foot and weak quadriceps causing knee instability (hyperextension and tendency to collapse into flexion). Polio, spinal injury, CVA, neurological conditions.

ANKLE



Ankle Foot Orthosis (AFO) Caliper

Description: Brace made with metal uprights and joints with leather cuffs and Velcro straps. Various designs of caliper provide support to the ankle by providing one or more of the following; M-L support, dorsiflexion assist, limitation to ankle ROM.

Indications: Ankle arthritis, drop foot, spastic paralysis.



Value Walker

Description: A velfoam lined boot with rigid collateral structure, velcro closures and rocker sole. Used to immobilise the foot and ankle to treat injuries during conservative management or used post operatively. Is ideal where weight bearing will be permitted during the immobilisation. Being removable enables showering without the boot (where permitted) and easy monitoring of suture lines and dressings etc.

Indications: Ligament injuries, post operative immobilisation, stable and fixated foot fractures, conservative treatment of chronic overuse injuries such as plantar fasciitis and achilles tendonitis.



Aircast Foam Walker

Description: A velfoam lined boot with circumferential rigid shell with Velcro closures, rocker sole and two malleolar pneumatic air cells. Used to immobilise the foot and ankle to treat injuries during conservative management or used post operatively. The malleolar air cells provide increased medio-lateral support and protection to the ankle. The foam walker is ideal where weight bearing will be permitted at some stage during the immobilisation. Being removable enables showering without the boot (where permitted) and easy monitoring of suture lines and dressings etc.

Indications: Ankle fractures, ligament injuries, post operative immobilisation, midfoot and metatarsal foot fractures, stress fractures, Achilles tendon ruptures, conservation treatment of chronic overuse injuries such as plantar fasciitis and achilles tendonitis.



Aircast Short Pneumatic Walker

Description: A short (mid tibia) velfoam lined boot with circumferential rigid shell with Velcro closures, rocker sole and two malleolar pneumatic air cells. Used to immobilise the foot to treat injuries during conservative management or used post operatively. The malleolar air cells provide increased medio-lateral support and stability to the hind foot. The short pneumatic walker is ideal where weight bearing will be permitted at some stage during the immobilisation. Being removable enables showering without the boot (where permitted) and easy monitoring of suture lines and dressings etc.

Indications: conservative or post operative immobilisation, midfoot and metatarsal foot fractures, stress fractures,

ANKLE



Aircast Pneumatic Walker / Diabetic Walker:

Description: A velfoam lined boot with circumferential rigid shells with Velcro closures, rocker sole and four circumferential pneumatic air cells. Used to immobilise the foot and ankle to treat conditions and injuries during conservative management or used post operatively. The malleolar air cells provide increased compressive support and protection to the foot and ankle. The pneumatic / diabetic walker is ideal where weight bearing will be permitted at some stage during the immobilisation. Being removable enables showering without the boot (where permitted) and easy monitoring of suture lines, ulcers and dressings etc. The Diabetic walker and the pneumatic walker are the same boot with the addition of a pressure gauge on the inflation pump and additional foam foot beds for the diabetic walker.

Indications: Immobilisation of the diabetic foot as alternative to total contact casting, Charcot joint immobilisation, distal third tibial fractures post fixation.



Range of Motion (ROM) CAM Walker

Description: A velfoam lined boot with rigid collateral structure, ROM ankle hinges, Velcro closures and rocker sole. Used to support the foot and ankle while allowing prescribed movement or fixed ankle position to treat injuries during conservative management or used post operatively. Is ideal where weight bearing will be permitted during the immobilisation. Being removable enables showering without the boot (where permitted) and easy monitoring of suture lines and dressings etc.

Indications: Achilles tendon rupture, conservative or post operative use.



Bed Resting Ankle Foot Orthosis (BRAFO)

Description: A velfoam lined thermoplastic brace with Velcro closures. The BRAFO has a relief under the posterior aspect of the heel to prevent heel pressure and generally holds the ankle in a neutral position (plantargrade). An adjustable angle BRAFO is also available.

Indications: Relief or prevention of heel ulcers, prevention of plantar flexion contractures.



Pressure Reducing Ankle Foot Orthosis (PRAFO)

Description: A velfoam lined, thermoplastic brace with Velcro closures and weight bearing sole. The PRAFO has a relief under the posterior aspect of the heel to prevent heel pressure and generally holds the ankle in a neutral position (plantargrade). Can be worn for both bed rest and mobilizing.

Indications: Relief or prevention of heel ulcers.



Plantar Fasciitis Ankle Foot Orthosis (AFO)

Description: A bed resting AFO to hold the ankle in a neutral position or up to 20 degrees of dorsiflexion. Holds the plantar fascia in a lengthened position to allow healing and reduce “start up” pain of initial weight bearing. Similarly may be used to maintain lengthened position of Achilles.

Indications: Plantar fasciitis, Achilles tendonopathy.



Knee Immobiliser

Description: Reinforced velfoam brace incorporating rigid collateral and posterior stays, with Velcro closures to immobilise the knee. Other posterior shell designs are also available.

Indications: Post operative or conservative treatment where immobilisation is required, e.g patella fracture, quadriceps rupture.



Range of Motion (ROM) Knee Orthosis

Description: Velfoam lined hinged knee brace with Velcro closures. The hinge can be set to allow any ROM range or fixed position which can be changed as required. The long uprights provide leverage for optimal medio-lateral and rotational support to the knee.

Indications: Post Operative or conservative management of knee injuries that require M-L support and ROM control. ACL reconstruction, collateral ligament repairs, tibial plateau fractures, osteotomy, Cartilage graft procedures.



Hinged Knee Orthosis

Description: Pull on or wrap around, neoprene hinged knee brace with collateral hinges and uprights. The brace provides medio-lateral support while allowing free ROM.

Indications: MCL, LCL injuries, moderate ACL support, Osteo Arthritis.



Hinged Ligament Knee Orthosis

Description: Pull on or wrap around, neoprene hinged knee brace with strong collateral ROM hinges and 4 non elastic straps with Velcro closures. The brace provides M-L, A-P, rotational and ROM control. Interchangeable flexion and extension stops for controlled range of motion.

Indications: MCL, LCL injuries, post ACL reconstruction, ACL deficiency support, Osteo Arthritis.



Knee Control Orthoses (KCO)

Description: Carbon fibre or aircraft aluminium framed knee orthoses with low profile knee hinges and padded Velcro fastening. This range of bracing provides the highest possible degree of support to the knee in M-L, A-P, rotational and ROM control.

Indications: ACL instability and post reconstruction, PCL instability and post reconstruction. Hyperextension / genurecurvatum control.

KNEE



Osteo Arthritis Knee Bracing

Description: Various designs of knee orthoses which provide a three point pressure system, to apply a varus or valgus force, reducing pressure on the affected knee compartment. Double and single hinged versions are available. Braces are made from carbon fibre or aircraft aluminium with Velcro fastening.

Indications: Unicompartmental knee osteo arthritis with varus or valgus deformity less than 15 degrees. Brace aims to reduce pain, support and slow the arthritic degeneration.



Knee Ankle Foot Orthoses (KAFO)

Description: Orthosis which can provide support and control to the knee, ankle and foot. KAFO shells are made from high temperature thermoplastics, carbon fibre laminate or traditional metal and leather. KAFO joints and uprights are titanium, stainless steel or aluminium. The brace provides the longest possible lever to provide support for severe knee and ankle conditions.

Indications: Prescribed for severe knee instability and combined knee / ankle or knee / ankle / foot conditions such as; Genu recurvatum, varus or valgus knee instability, weakened quadriceps, severe knee and ankle joint degeneration, drop foot, equino varus / valgus deformities. Conditions requiring KAFO's include Polio / Post Polio, Post CVA, Brain injury, Spinal Cord Injury, Cerebral Palsy, MS.



Patella Tracking Orthosis

Description: Soft lined, neoprene wrap around brace with horse shoe shaped buttress and Velcro fastening. Provides a medially directed force on the lateral border of the patella to help minimise lateral patella tracking.

Indications: Support following lateral release surgery, lateral patella tracking conditions, support to help prevent patella subluxation / dislocations.

HIP



Hip Abduction Orthosis

Description: Brace to help maintain abducted hip position. Foam lined thermoplastic thigh and pelvic shells with ROM hip joints to allow controlled hip flexion and extension and have adjustable hip abduction angle.

Indications: Hip dislocations either post operatively or following closed reduction. Post gluteal muscle surgical repair.



Inguinal Hernia Truss

Description: Canvas pelvic belt, with hernia reduction pad/s, adjustment straps and press stud fasteners.

Indications: Inguinal hernias either single or bilateral.



Sacro Iliac Joint (SIJ) Belt

Description: A non elastic webbing belt with Velcro fastening. Provides a circumferential binding force to stabilize the sacro-iliac joints and pubic symphysis.

Indications: Instabilities at the sacro iliac joints and pubic symphysis.



Abdominal Binder

Description: An elastic circumferential wrap with Velcro closures. Designed to increase intra-abdominal pressure to support the abdomen, ribs and lumbar spine.

Indications: Abdominal hernias, post abdominoplasty, rib fractures and intercostal injuries, mild spinal conditions.



Lumbar-Sacral Orthosis (LSO) - Soft Varieties

Description: Various corset style braces with Elasticised or non elastic fabric, Velcro fastening and para-spinal stays or support pads. Increases intra-abdominal pressure to provide support and reduce intra discal pressure. Also provides motion control and postural support.

Indications: Chronic lower back pain, post operative use, intervertebral disc conditions, degenerative conditions, prophylactic use.



Lumbar-Sacral Orthosis (LSO) – Rigid

Description: Foam lined thermoplastic spinal orthosis with Velcro fastening. Provides support and protection to lumbar spine.

Indications: Post lumbar surgery, spinal fusions, stable lumbar fractures, severe degenerative conditions.



Thoraco-Lumbar-Sacral Orthosis (TLSO)

Description: Foam lined thermoplastic spinal orthosis with chest extension support and shoulder support straps, with Velcro fastening. Provides support and protection to thoracic and lumbar spine.

Indications: Post operative use for thoracic and high lumbar surgery, spinal fusions, stable thoracic fractures, severe degenerative conditions.



Posture Support

Description: Elasticised thoracic spine and shoulder support with Velcro closures which encourages shoulder retraction to improve thoracic and low cervical spine posture.

Indications: Kyphotic posture and or protracted shoulder position. Thoracic spine pain.



Soft Collar

Description: Soft foam collar with Velcro closure. Serves as a reminder to restrict cervical spine motion.

Indications: Mild post operative support, mild post trauma support, soft tissue and arthritic conditions of the cervical spine.



Philadelphia Collar

Description: A two piece, firm, light weight foam collar with Velcro closure. Provides flexion, extension and rotary control to the cervical spine. Has tracheotomy opening.

Indications: Post operative support, post traumatic injury support. May be used as showering collar.



Aspen Collar

Description: A two piece, velfoam lined, semi rigid collar with Velcro closure. Adjustable front height for optimal patient fit. Provides flexion, extension and rotary control to the cervical spine.

Indications: Post operative support, post traumatic injury support.



Malibu Collar

Description: A two piece, foam lined, semi rigid collar with Velcro closure. Provides flexion, extension and rotary control to the cervical spine.

Indications: Post operative support, post traumatic injury support.



Miami J Collar

Description: A two piece, foam lined, plastic shelled collar with Velcro closure. Provides flexion, extension and rotary control to the cervical spine.

Indications: Post operative support, post traumatic injury support.



Sterno-Occipital-Mandibular Immobiliser (SOMI)

Description: Foam lined, aluminium, frame style brace, consisting of sternal and shoulder section, occipital support and chin piece. Provides rigid support to prevent flexion and extension.

Indications: Post traumatic cervical spine injury. Post operative support.



Non Invasive Halo (Pinless Halo)

Description: MRI compatible, rigid framed cervical immobiliser with silicone lined, forehead and chin bands with rigid thoracic shell. Provides optimal control of flexion, extension and rotation.

Indications: Post traumatic cervical spine injury. Post operative support.

SHOULDER & UPPER ARM



Clavicle Strap

Description: Padded figure eight strap with Velcro fastening to retract the shoulders.

Indications: Clavicle fractures, may also be used as a posture support for kyphotic thoracic spine.



Neoprene Shoulder Orthosis

Description: Neoprene shoulder sleeve with strap under opposite axilla and Velcro fastening at anterior chest. Provides mild support and compression. Also available with added internal and external rotation control straps

Indications: Shoulder instability, arthritic and soft tissue conditions.



Shoulder Abduction Sling

Description: Supportive sling with foam bolster to hold shoulder in abducted position approx 30 deg.

Indications: Post surgery.



Shoulder Abduction Brace

Description: Foam lined, rigid shelled brace with adjustable shoulder joint to enable positioning between 0-180deg abduction, as well as adjustable flexion and extension. For optimal shoulder positioning.

Indications: Post surgery, post dislocation.



Humeral Fracture Brace

Description: Bi-valved polyethylene orthosis with Velcro fastening and shoulder strap. Designed to immobilise and protect the upper arm, using Sarmiento theory of containing soft tissue around a fracture to provide support.

Indications: Non displaced, mid third humeral fractures. Distal third humeral fractures may require addition of elbow joint and forearm shell for stability.

ELBOW



Tennis Elbow Strap

Description: Non elastic webbing strap with Velcro closure to prevent full expansion of wrist extensor tendons or flexor tendons.

Indications: Tennis elbow, golfers elbow.



Range of Motion (ROM) Elbow Orthosis

Description: Foam lined thermoplastic shells with adjustable ROM hinge at the elbow.

Indications: Non displaced fractures of the distal humerus or proximal radius and ulna. Post surgery.



Turnbuckle Elbow Orthosis

Description: Custom elbow orthosis, foam lined thermoplastic shells and ROM hinge. Turn buckle to provide force to extend or flex the elbow.

Indications: Contractures - post injury, post joint or soft tissue surgical release.



Mayo Elbow Orthosis

Description: Aluminium framed brace with padded upper arm and forearm cuffs, ROM hinge. Allows serial positioning for contracture management with adjustment key.

Indications: Contractures - post injury, post joint or soft tissue surgical release.

WRIST



Flexion Control Wrist Brace

Description: Elasticised wrap around brace with palmer support stay and Velcro fastening. Restricts wrist ROM particularly flexion and extension while allowing finger and thumb movement.

Indications: Acute wrist injury, post operative support, carpal tunnel syndrome, arthritic conditions, radial nerve palsy.



Exoform Wrist Brace

Description: Pull on, flexible padded brace with plastic palmer and dorsal support and Velcro fastening. Restricts wrist ROM while allowing finger and thumb movement.

Indications: Acute wrist injury, post operative support, scaphoid fractures, carpal tunnel syndrome, arthritic conditions, radial nerve palsy.

WRIST



Thermoplastic Wrist Hand Orthosis (WHO)

Description: Polyethylene molded plastic wrist/forearm brace for immobilisation and protection while allowing finger and thumb movement. Velcro fastening.

Indications: Stable fractures of the wrist and distal radius or ulna, post operative support, arthritic conditions.



Thermoplastic Wrist Hand Thumb Orthosis (WHTO)

Description: Polyethylene molded plastic wrist/forearm brace with thumb support, for immobilisation and protection while allowing finger and thumb movement. Velcro fastening.

Indications: Stable fractures involving the base of thumb (MCP, PIP) or scaphoid, post operative support, arthritic conditions.



Custom Leather Wrist Brace

Description: Custom made leather wrist brace with Velcro fastening, made from a cast of the patients wrist. It is designed for immobilisation and protection.

Indications: Chronic wrist conditions, arthritic conditions.



Resting Wrist Hand Orthosis

Description: Foam lined plastic splint with Velcro fastening

Indications: Radial nerve palsy, contracture prevention.

HAND



Thumboform

Description: Neoprene thumb wrap with low temperature, moldable, thermoplastic support. Provides support to CMC and MCP joints.

Indications: Arthritic conditions, tenosynovitis, acute injuries.



Thumb Spika

Description: Rigid, thermoplastic thumb support. Provides support to CMC and MCP joints.

Indications: Fractures of metacarpal and proximal phalanx, hyperextension injuries.



Mallet Finger Splint

Description: Plastic splint that maintains extension of the distal interphalangeal joint of the finger.

Indications: Extensor tendon and lumbrical avulsions.

COMPRESSION GARMENTS



Jobs Compression Garments

Description: Full range of quality Jobst compression garments including below knee, above knee and upper limb, women's and men's garments and travel socks.

Indications: Vascular insufficiency, varicose veins, oedema, DVT prevention.

SPORTS GUARDS



Shin Guards

Description: Custom made, thermoplastic or carbon fibre shells with neoprene lining and Velcro fastening.

Indications: Protection for sport.



Forearm Guard

Description: Custom made thermoplastic shell with neoprene lining and Velcro fastening.

Indications: Protection for sport following healing of forearm fractures, post internal fixation.



Custom Face Mask

Description: Custom made Perspex face guard with Velcro fastening

Indications: Protection for sport following nose fractures, orbital fractures.



Sports Helmets

Description: Various designs for general protection or customised for protection of specific injuries.

Indications: General protection, reduce likelihood of concussion, protection of fractures.



Torso Protector

Description: Custom foam lined, plastic protective shell, held in place with Elasticised binder

Indications: Impact protection of kidneys, spine, defibrillator, pacemaker etc.

NOTES

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NOTES

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