

Community Paediatric Physiotherapy

Leaflet for advice and care of gaiters

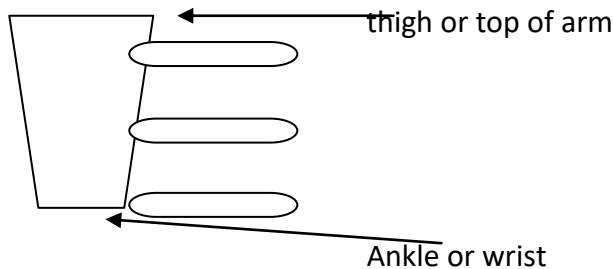
General advice

Your child has been supplied with gaiters specially made for them. Your therapist/orthotist will explain how to use them. You will need to put them on your child. Please make sure that all people involved in putting on the gaiters are shown how to do this correctly.

When to wear?

This will be different for every child and your therapist will tell you when your child should wear them, and for what activities they will be worn.

Putting the gaiters on



- Wrap the gaiter around the limb as shown by your therapist.
- Firmly secure with the velcro straps.
- Leg gaiters should be put on with child lying down.
- The shorter end of the gaiter is at the wrist or the ankle.

Care and cleaning

Check the gaiters and your child's skin regularly for: -

- Skin soreness or very red marks – relating to the gaiters
- If the gaiters are becoming too small
- Padding or straps need replacement

Contact the telephone number supplied immediately if any of above happen, or if you have any other concerns about the gaiters.

Regular cleaning will help prolong the life of the gaiters and keep them in good condition.

- Hand wash only
- Do not machine wash
- Do not bleach
- Do not dry over a radiator

Specific advice (if appropriate)

Review of gaiters

☐ Parent/carer to contact number supplied if any concerns to arrange an appointment

☐ Therapist will review and advise

The orthotist who supplied you was

.....

The therapist who supplied you was

.....

Cost of orthosis and date issued

.....

If they are lost or wilfully damaged you may be charged for the replacement

If you have any concerns about the gaiters please contact your physiotherapist or;

Community Paediatric Physiotherapy
Community Business Unit
Bensham Hospital
Gateshead
NE8 4YL

Telephone: 0191 445 3124

Author: Children's Physiotherapy

Produced:

To be reviewed

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics.

Further information is available via Gateshead Health NHS Foundation Trust website

(<https://www.gegateshead.nhs.uk/fairprocessing>) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email ghnt.ig.team@nhs.net.

Information Leaflet: NoIL346

Version: 3

Title: Childrens Physio Service – Advice and care or gaiters

First Published: June 2011

Review Date: August 2023

Author: Pam Dobinson, Children's Physiotherapy

**This leaflet can be made available in other languages and
formats upon request**