An Orthosis is an externally applied device used to modify the neuromuscular and musculoskeletal systems.

Fine-tuning
orthoses can
improve gait
efficiency lowering
energy
expenditure.

Muscle paralysis
or spasticity;
decreased tone
leading to weakness;
increased tone
leading to stiffness.

Orthoses optimise
the biomechanics
by placing the
affected joints in a
stable position.

Orthotists are registered health professionals who assess, diagnose and treat neurological conditions using orthoses as part of the treatment.

The Orthotist may prescribe orthoses such as insoles, footwear, braces and splints.