Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

A Guide to your Below Knee Calliper

Version number: **1**
Last modified date: **12th November 2026**

Patient Information

Surgical Appliances

- Author ID: EL
- Leaflet Ref: CM 359
- Date Produced: July 2026
- Expiry Date: July 2028

Introduction

This leaflet is for people who have been provided with a below knee calliper by the Orthotics service. It will explain how you should care for your calliper and other important information about the Orthotics service.

What are callipers prescribed for?

You have been supplied with a below knee calliper, which is designed to control the ankle joint and foot when deformity and/or instability are present. The Orthotist has designed this device for your specific problem, so if you experience any changes in your limb, or if you feel that the calliper provides inadequate control, you must let the Orthotics department know as soon as possible.

How can we support you?

We can support you by issuing to you one below knee calliper (or pair if both legs are affected); you will only be given a second item or pair after inspection of your original calliper by the Orthotist and for the following reasons:

- If your original calliper is deemed to be clinically ineffective by the Orthotist.
- If you are unable to function without it.
- If your original calliper is beyond repair.

How should I use the calliper?

- Fit the spurs of the calliper into the socket in your shoe; if there are additional leather straps, your orthotist will show you how to fit these.
- Whilst seated on a bed or chair, place your leg in the device, ensuring your foot is comfortably in your shoe. The calf band should sit behind your calf. There may be additional straps around the ankle that the Orthotist will demonstrate at the fitting. Fasten all straps securely.

Are there any safety precautions I should take?

- Ensure that spurs are correctly located in the sockets.
- Check that straps are secure and remain secure when standing.
- Regularly check your calliper for wear or damage.

How should I care for my calliper?

- Spurs should be lubricated weekly with a lubricant to ensure they can move freely within the socket.
- Keep the calliper away from direct sources of heat or cold and never immerse in water.
- Any joints should be cleaned regularly using an old toothbrush or similar.

- Look after the calliper and return it for repair when necessary. You should never attempt to modify or adjust the calliper yourself.
- Ideally, the calliper should be serviced once per year. It is your responsibility to contact Orthotics regarding this.

What problems should I be aware of?

If you notice any of the following, please contact the Orthotics department as soon as possible:

- Skin redness that doesn't fade after 15 minutes.
- Sores or blisters on the skin.
- Pain, irritation or rubbing.
- Any damage to the calliper.

Will the calliper affect footwear?

In order to accommodate the calliper, sockets and possibly leather straps will need to be added to your footwear.

Further appointments

Following the supply of your initial below knee calliper, you will be reviewed at the discretion of the Orthotist. The follow-up procedure will also be explained to you. However, if you feel your condition has not improved, has worsened, or if you are experiencing problems with your below knee calliper, you can ask to see the Orthotist for a review appointment, by telephoning the Orthotics department where you had your original appointment.

Contact Details

The Orthotics Department is located at Aspull Health and Wellbeing Centre, Oakfield Crescent, Aspull, Wigan, WN2 1XH.

Telephone number: 0300 701 1229 / 4055 / 6220

Further Notes



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