

CLINICAL ORTHOTIC SERVICES GUIDE

benalla
blackburn
doveton
frankston
footscray
korumburra
lalor
mildura
port melbourne
st albans sale
sunshine
traralgon
warragul
wanganatta
werribee
wodonga
wonthaggi



OPC HEALTH

PATIENT ENQUIRIES 03 9681 9666

PATIENT REFERRALS

OPC is an Australian owned company that has been providing orthotic services to Victorians for over 30 years. Our main facility in Port Melbourne provides clinical, technical and administrative services.

Our team of qualified orthotists and technicians specialise in clinical assessment, fabrication and fitting of a wide range of custom made and off the shelf orthoses (bracing and supports). The OPC service incorporates knowledge of biomechanics, human anatomy and physiology as well as material technology. As one of Australia's leading distributors of off-the-shelf orthotic bracing, the OPC range is extensive, reaching beyond the orthoses described in this guide.

OPC provides clinical orthotic services to a number of locations across Victoria; in metropolitan Melbourne and regional areas. Please contact your local clinic directly for patient appointments.

Main Facility

Port Melbourne

151-159 Turner Street
PORT MELBOURNE, 3207
Appts 03 9681 9666

Metropolitan Melbourne Clinics

Blackburn

Bellbird Private Hospital
Consulting Suites
Cnr Blackburn & Canterbury Rds
BLACKBURN, 3130
Appts 03 9681 9666

Frankston

43 Hastings Road
FRANKSTON, 3199
Appts 03 9681 9666

Sunshine

143 Durham Road
SUNSHINE, 3020
Appts 03 9681 9666

Doveton

3/18-20 Hawthorn Road
DOVETON, 3177
Appts 03 9681 9666

Lalor

Lorne Street Natural Therapies
2 Lorne Street
LALOR, 3075
Appts 03 9465 4946

Werribee

Werribee Mercy Hospital
Allied Health Department
300 Princes Highway
WERRIBEE, 3030
Appts 03 9681 9666

Footscray

91 Paisley Street
FOOTSCRAY, 3011
Appts 03 9687 2271

St Albans

309 Main Road East
ST ALBANS, 3021
Appts 03 9681 9666

Regional Victoria Clinics

Benalla

Benalla & District Memorial Hospital
Consulting Suites
Coster Street
BENALLA, 3672
Appts 03 5760 2242

Sale

Central Gippsland Health Service
Community Rehabilitation Centre
Guthridge Parade
SALE, 3850
Appts 03 5143 8560

Warragul

West Gippsland Hospital
Physiotherapy Department
Landsborough Road
WARRAGUL, 3820
Appts 03 5623 0647

Korumburra

Korumburra Hospital
Consulting Suites
Gordon Street
KORUMBURRA, 3950
Appts 03 9681 9666

Traralgon

Gippsland Orthopaedic Group
Consulting Rooms
148 Princes Highway
TRARALGON, 3844
Appts 03 5174 7299

Wodonga

Wodonga Regional Health Service,
Rehabilitation Dept
Vermont Street
WODONGA, 3690
Appts 02 6051 7400

Mildura

Mildura Base Hospital
Allied Health
13th Street
MILDURA, 3500
Appts 03 5022 3452

Wangaratta

North East Health Wangaratta
Health & Wellness Centre
Green Street
WANGARATTA, 3677
Appts 03 5722 5239

Wonthaggi

Wonthaggi District Hospital
Physiotherapy Department
Graham Street
WONTHAGGI, 3995
Appts 03 5671 3343

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Cervical soft collars for light support to high grade post trauma immobilisers, OPC orthotists are able to fit and supply a range of spinal orthoses. Rigid orthoses can be customised to provide support for thoracic, lumbar, sacral and pelvic areas. We also offer a range of medical grade off-the-shelf options for fracture management, degenerative conditions, post operative use, or for functional activities, such as return to work, or prenatal instability.

SOFT CERVICAL COLLAR

Soft foam collar with Velcro closure. Keeps the neck warm and 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

Two piece, light weight foam collar with Velcro closure. Provides flexion, extension and rotation control to the cervical spine. Has tracheotomy opening.



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

MARLIN COLLAR

Two piece, plastic shelled collar with metal stays, Velcro closure and washable foam liner. Provides rigid support: flexion, extension and rotation control to the cervical spine.



Indications: Post operative support, post traumatic injury support.

MALIBU COLLAR

Two piece, foam lined, semi-rigid heat mouldable thermoplastic collar with Velcro closure. Provides flexion, extension and rotation control to the cervical spine. Anterior and posterior vertical height can be adjusted independently.



Indications: Stable cervical fractures, post operative support, post traumatic injury support.

STERNO-OCCIPITAL-MANDIBULAR IMMOBILISER (SOMI)

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



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

THORACO-LUMBAR-SACRAL ORTHOSIS (TLSO)

Foam lined thermoplastic (or metal and leather) spinal orthosis with chest extension support and shoulder support straps, with Velcro fastening. Provides support to, and protection of the thoracic and lumbar spine.



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

SOFT LUMBAR-SACRAL ORTHOSES

Various 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-disc pressure. Also provides motion control and postural support.



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

RIGID LUMBAR-SACRAL ORTHOSES(LSO)

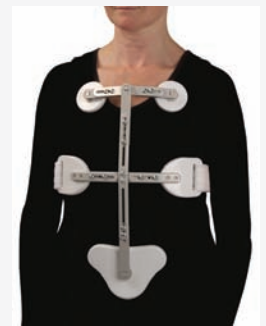
Foam lined thermoplastic (or metal and leather) spinal orthosis with Velcro fastening. Provides support to, and protection of the lumbar spine.



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

CASH HYPEREXTENSION ORTHOSIS

Foam lined metal orthosis. Soft pads ensure the metal frame does not contact the patient and hinged sternal and pubic pads aid comfort. Restricts flexion and helps stabilise the spine.



Indications: Stable anterior compression fractures of thoracic and lumbar spine.

POSTURE SUPPORT

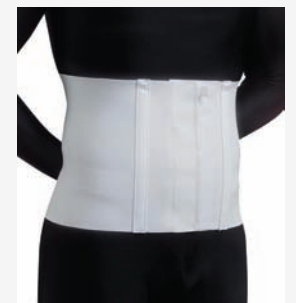
Elasticised thoracic spine and shoulder support with Velcro closures, which encourages shoulder retraction to improve thoracic and low cervical spine posture.



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

RIB & ABDOMINAL BINDERS

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.

INGUINAL HERNIA TRUSS

Canvas pelvic belt with hernia reduction pads, adjustment straps and press stud fasteners.



Indications: Inguinal hernias either single or bilateral.

SACRO ILIAC BELT

Latex free elastic and webbing belt with Velcro fastening. Provides a circumferential binding force to stabilise the sacroiliac joints and pubic symphysis.



Indications: Instabilities at the sacro iliac joints and pubic symphysis, pre and post natal.

Orthopaedic, neurological, sports or postural supports for the shoulder and upper limb. OPC also provides shoulder CPM's to hospitals for early mobilisation post operatively. For patients with shoulder pain or injuries, we also have a range of tapes and bandages and hot and cold products to provide relief from symptoms.

CLAVICLE STRAP

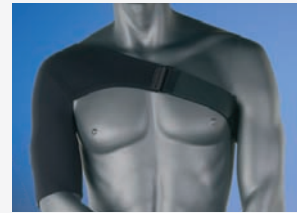
Padded figure eight strap with Velcro fastening to retract the shoulders.



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

NEOPRENE SPORTS SHOULDER ORTHOSIS

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. AC joint injuries.

SHOULDER ABDUCTION SLING

Supportive sling with foam bolster to hold shoulder in abducted position, at approximately 30°.



Indications: Post shoulder surgery.

SHOULDER ABDUCTION BRACE

Foam lined, rigid shelled brace with adjustable joint to enable positioning between 0°-180° shoulder abduction, as well as adjustable external rotation. For optimal shoulder positioning at 45°.



Indications: Post shoulder surgery, post shoulder dislocation.

HEMI-ARM SLING

Fabric sling with Velcro and D-ring fastenings. Designed to eliminate weight on the neck while effectively supporting the hand and elbow to prevent shoulder subluxation.



Indications: Upper limb hemiparesis, humeral fractures, shoulder/ girdle weakness.

HUMERAL FRACTURE BRACE

Bi-valved polyethylene orthosis with Velcro fastening and shoulder strap. Designed to immobilise and protect the upper arm, by containing soft tissue around the fracture to provide support. Off-the-shelf or custom made available.



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

From soft, elasticised elbow supports for light compression, to shock absorbing supports for manual tasks, OPC has a range of supports for common elbow conditions such as tennis elbow.

Our range of motion (ROM) orthoses can be easily adjusted as your patient's condition improves.

TENNIS ELBOW SUPPORTS

Range of elastic, rigid, semi-rigid and thermal supports for light compression, rotational stability and functional relief.



Indications: Tennis elbow, golfers elbow.

RANGE OF MOTION ELBOW ORTHOSIS

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.

AIRCAST MAYO ELBOW ORTHOSIS

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



Indications: Contracture management, post injury, post joint or soft tissue surgical release.

WRIST & HAND

For acute injuries, arthritic conditions, fracture and contracture management, our range of wrist, hand and finger splints are designed for immobilisation or functional use. Our team of orthotists can cast for custom made high temperature thermoplastic orthoses, or fabricate lightweight, low profile splints with low temperature thermoplastics.

FLEXION CONTROL WRIST BRACE

Elasticised or neoprene wrap-around brace with palmer support stay and Velcro fastening. Restricts wrist ROM particularly flexion while allowing finger and thumb movement.



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

FLEXION & EXTENSION CONTROL WRIST BRACE

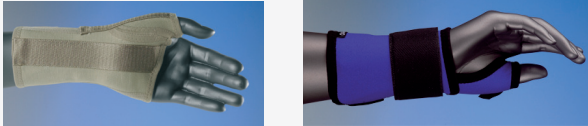
Wrap-around neoprene brace with palmar and dorsal support and Velcro fastening. Restricts wrist ROM while allowing finger and thumb movement.



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

WRIST BRACE WITH THUMB STABILISER

Elasticised or neoprene wrap around brace with palmar and thumb support stays. Controls wrist flexion and restricts thumb CMC and MCP joint movement.



Indications: deQuervain's, arthritis, instabilities and injuries at the CMC joint, thumb tendonitis.

THERMOPLASTIC WRIST HAND ORTHOSIS

Polyethylene custom moulded 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

Polyethylene custom moulded plastic wrist/forearm brace with thumb support, for immobilisation and protection while allowing finger and distal thumb movement. Velcro fastening.



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

RESTING HAND ORTHOSIS

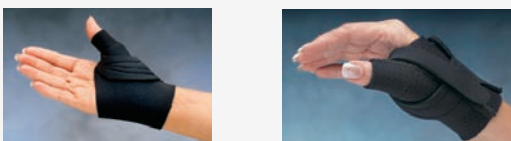
Malleable metal frame with washable foam padding & Velcro fastening. Angle of brace can be changed for progressive positioning.



Indications: Radial nerve palsy, neural contracture prevention/reduction, palmar protection and hygiene.

THUMB CMC RESTRICTION SPLINT

Soft splint provides direct support for the thumb CMC joint while allowing full finger function. Provides gentle compression and helps relieve thumb discomfort.



Indications: Osteoarthritis and medial subluxation of the thumb CMC joint, instability, tendonitis or repetitive strain injuries.

PALM PROTECTORS

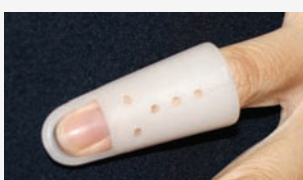
Foam cushion with fabric or fleece lining that provides protection and improved hygiene of the palm.



Indications: Finger/wrist contractures.

THERMOPLASTIC FINGER SPLINTS

Thermoplastic splints to stabilise and align finger joints, or immobilise after injury.



Indications: Mallet finger injuries, swan neck and boutonniere deformities.

SPRING WIRE FINGER SPLINTS

Foam padded spring wire splints in a variety of configurations to treat a large range of conditions.



Indications: Finger flexion contractures, boutonniere deformities, tendon or soft tissue injuries, swan neck deformities.

OPC have a comprehensive range of knee braces and supports from sports knee stabilisers, post-op knee supports, and osteoarthritis unloader knee braces. The most common knee conditions are patello-femoral pain, ligamentous instabilities, osteoarthritis and rehabilitation following knee surgery.

TIBIAL FRACTURE BRACE

Thermoplastic leg brace with overlapping anterior and posterior shells and moulded foot piece. Easily adjusted for volume fluctuations.

Off-the-shelf & custom made available.



Indications: Non-operative closed tibial shaft fractures, post-op open tibial shaft fractures, post external/internal fixation.

PATELLA TENDON STRAP

Flexible wrap around strap that sits over the patella tendon exerting pressure and so providing relief to the painful area.



Indications: Patella tendonitis, Osgood Schlatter's disease.

PATELLA TRACKING ORTHOSIS

Soft lined, neoprene wrap around brace with horse-shoe shaped buttress and Velcro fastening. Provides the required medial/lateral force on the border of the patella to help minimise patella maltracking.



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

KNEE SLEEVE

Neoprene or elastic pull on sleeve that provides protection, mild support and warmth to the knee joint.



Indications: Mild knee arthritis and sporting injuries.

KNEE IMMOBILISER

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.

HINGED KNEE ORTHOSIS

Pull-on or wrap-around, neoprene or elastic 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, osteoarthritis.

HINGED LIGAMENT KNEE ORTHOSIS

Pull-on or wrap-around neoprene hinged knee brace with strong collateral ROM hinges and 4 non-elastic straps with Velcro closures. Provides Medio-Lateral, Antero-Posterior and ROM control. Interchangeable flexion and extension stops for controlled range of motion.

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



KNEE CONTROL ORTHOSIS (KCO)

Carbon fibre or aircraft aluminium framed knee orthosis with low profile knee hinges and padded Velcro fastening. Provides Medio-Lateral, Antero-Posterior, rotational and ROM control.

Also available custom made.

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



RANGE OF MOTION (ROM) KNEE ORTHOSIS

Foam-lined hinged knee brace. Hinge can be set to allow any ROM range or fixed position and can be changed as required. Long uprights provide leverage for optimal medio-lateral and rotational support to the knee.

Indications: Knee injuries that require medio-lateral support and ROM control; ACL reconstruction, collateral ligament repairs; tibial plateau fractures; osteotomy; cartilage graft procedures.



OSTEOARTHRITIS KNEE BRACING

Double and single hinged versions; made from carbon fibre or aircraft aluminium. Various designs which provide a three point pressure system, to apply varus or valgus force, reducing pressure on the affected knee compartment; reducing pain and slowing arthritic degeneration.

Off-the-shelf & custom made available.

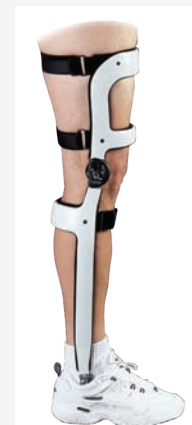
Indications: Uni-compartmental knee osteoarthritis with varus or valgus deformity.



CUSTOM KNEE ANKLE FOOT ORTHOSES (KAFO)

Provides support and control to the knee, ankle and foot. KAFO shells are made from high temperature thermoplastics or traditional metal and leather. KAFO joints and uprights are stainless steel or aluminium. The brace provides the longest possible lever to provide support for severe knee and ankle conditions.

Indications: 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: polio/post polio, post CVA, brain injury, spinal cord injury, cerebral palsy.



For sporting injuries, acute ankle sprains, or chronic ankle instability, OPC has a range of ankle braces to provide compression, functional support and comfort in paediatric and adult sizes.

Utilising materials to eliminate skin irritation, ankle orthoses can be used in conjunction with taping, or as an alternative to taping for long term applications.

AIRCAST ANKLE STIRRUP BRACE

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



Indications: Medio-lateral support and protection for acute (within first 48 hours) post injury and post operative use.

ASO ANKLE BRACE

Ankle Stabilising Orthosis. Lace up ankle support with figure 8 stabilising straps that provide inversion and eversion control. To be worn within lace-up footwear.



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

WALKERS

Used to immobilise the foot and ideal for conservative management of foot and ankle fractures. OPC offers a range of walker boots with a rocker sole, suitable for weight bearing and varying degrees of immobilisation; foam, pneumatic, diabetic, and range of motion (ROM). Can be easily removed for personal care and hygiene, and easy monitoring of sutures and dressings.

CHARCOT RESTRAINT ORTHOTIC WALKER (CROW)

Custom moulded bi-valved foam lined thermoplastic boot with Velcro closures.



Indications: Conservative management. Charcot joint immobilisation.

VALUE WALKER

Foam lined boot with rigid collateral structure and Velcro closures. Ideal where weight bearing is permitted.



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 SHORT PNEUMATIC (SP) WALKER

Short (mid tibia) foam-lined boot with circumferential rigid shell and two malleolar pneumatic air cells, for increased medio-lateral support and stability to the hind foot. Ideal for partial or for full weight bearing.



Indications: Conservative or post-operative immobilisation of foot injuries; mid foot and metatarsal foot fractures, stress fractures.

AIRCAST FOAM WALKER

Foam lined boot with circumferential rigid shell, and two distal air cells for increased medio-lateral support and protection to the ankle. Ideal where partial weight bearing is permitted.



Indications: Stable foot and/or ankle fractures, severe ankle sprains, post-op immobilisation, conservative treatment of chronic overuse injuries such as plantar fasciitis and achilles tendonitis.

AIRCAST PNEUMATIC WALKER

For complete ankle immobilisation. Four circumferential air cells provide intermittent pneumatic compression for oedema reduction.



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

CAM RANGE OF MOTION WALKER

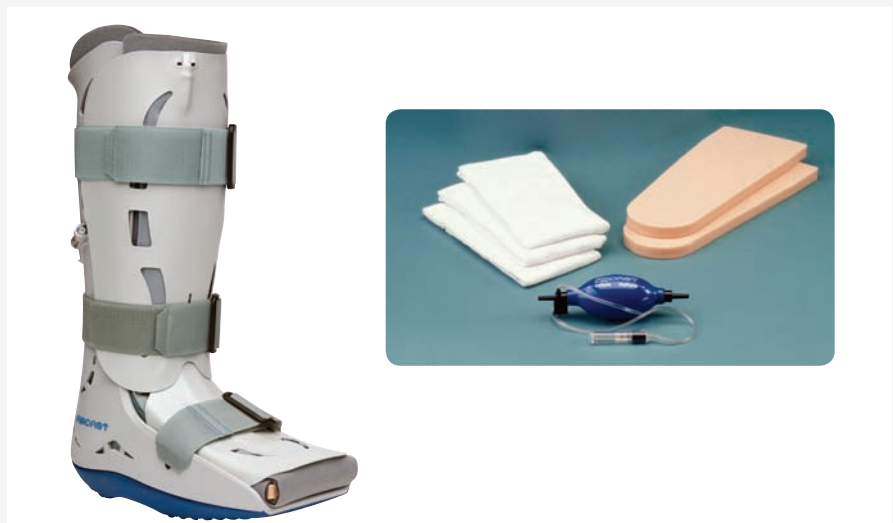
Foam lined boot with rigid collateral structure, ROM ankle hinges, and Velcro closures. Used to support the foot and ankle while allowing prescribed movement or fixed ankle position.



Indications: Where weight bearing will be permitted during the immobilisation; achilles tendon rupture, conservative or post operative use.

AIRCAST DIABETIC PNEUMATIC WALKER

For complete ankle immobilisation. Walker includes a dual density insole and pressure gauge on the inflation pump to further eliminate pressure points.



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

For positioning to alleviate achilles or heel pressure; immobilise the ankle for night resting; or as a support during gait. OPC offers a range of custom and off-the-shelf AFOs that can be modified for different acute and chronic conditions.

OPC can customise AFOs to provide further orthotic support to the knee and ankle joints.

LEAF SPRING AFO

Polypropylene or ortholen thermoplastic brace, prevents excessive plantarflexion and provides stability.

Off-the-shelf & custom made available.

Indications: Drop foot.



COMPOSITE AFO

Custom-fit AFO with anterior shell and footplate. Lightweight, carbon composite frame with enhanced stability and durability. Allows plantar flexion for normal gait.

Indications: Low to high activity patients with unilateral or bilateral drop foot; suitable for partial foot amputations.



BED RESTING AFO

Bed resting AFO to hold the ankle in a neutral position or up to 20° of dorsiflexion. May be used to maintain lengthened position of achilles.



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

SOLID ANKLE AFO

Custom made polypropylene AFO, immobilises ankle plantar flexion and dorsiflexion, and provides inversion and eversion control. Can be fully lined for resting/night AFO.



Indications: Osteo and rheumatoid arthritis, alternative to ankle arthrodesis, control of spastic paralysis, equinovarus ankle deformities.

GROUND REACTION AFO

Custom made thermoplastic with high anterior proximal trim lines that immobilises the ankle and provides control to knee flexion and extension.



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

ARTICULATED AFO

Custom made hinged AFO, allows ankle motion while providing medio-lateral stability. Stops may be used to allow dorsiflexion but prevent plantar flexion. Dorsiflexion assist joints may be used to assist toe clearance in swing phase of gait.



Indications: Drop foot, varus or valgus ankle deformities. Equinovarus foot type.

ANKLE FOOT ORTHOSIS CALIPER

Brace with metal uprights and joints with leather cuffs and Velcro straps. Designed to be attached to a shoe. Supports 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, polio. Also for patients who require an AFO but have fluctuating oedema or reduced sensation.



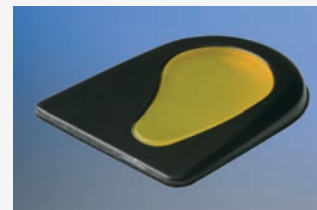
FOOT

Our range includes custom and prefabricated shoe inserts and orthotics to provide shock absorption, pain relief, support and protection for existing deformities and post-operative management.

We have on site technicians who can modify existing footwear to accommodate orthotic devices, leg length discrepancies, and foot deformities at our main facility in Port Melbourne. Patients can attend their assessment and subsequent fittings at our main facility, or at one of our clinics across Victoria.

HEEL SPUR PADS

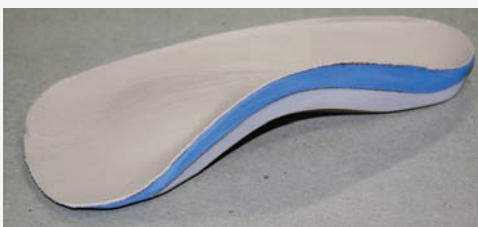
Silicone, urethane, or polymer gel heel cups which offer shock absorption to the heel.



Indications: Plantar fasciitis, heel spurs, heel bruising, general heel pain.

CUSTOM FOOT ORTHOSES

Shoe inserts, made from casts of the patients feet. Constructed from EVA and cushioning materials. For alignment correction, arch support, weight redistribution, and cushioning.



Indications: Over pronation, pes planus/cavus, arthritic feet, plantar fasciitis, diabetic protection, metatarsalgia, neuroma, shin splints, stress fractures.

SEMI CUSTOM FOOT ORTHOSES

Prefabricated foot orthoses. Designed to provide moderate arch support and good cushioning. Additions such as metatarsal domes may be added where required.



Indications: Arthritic feet, plantar fasciitis, mild over pronation, pes planus/cavus, metatarsalgia, neuroma, shin splints, stress fractures.

INTERNAL HEEL RAISE

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



Indications: Leg length discrepancy less than 1.0cm, achilles tendonitis.

HALLUX VALGUS SUPPORT

Flexible strap to unload the joints of the big toe, provide pain relief and reduce progression of deformity.



Indications: Hallux valgus.

POST-OPERATIVE SHOES

Open toed, soft upper with adjustable Velcro closure to accommodate a cast or dressings.



Indications: Post-operative management of the foot and toes.

PRESSURE RELIEVING SHOES

Closed toe, soft upper with soft adjustable insole to redistribute weight and unload specific areas of the foot.



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

ORTHOPAEDIC FOOTWEAR

Comfortable & supportive footwear, available in various styles and colours. 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, t-straps.



Indications: Mild to severe deformities (e.g. arthritis), diabetic foot protection and accommodation of orthotic devices; leg length discrepancies; fused ankles; varus or valgus ankle deformity; arthritic foot and ankle conditions; stress fractures.

Our team of trained orthotists specialise in the measurement and fitting of garments. Our compression garments can provide medical grade compression ranging from 15mmHg to 40mmHg. We offer a range of Isotoner gloves for moderate compression for neurological conditions, gloves for arthritis, Jobst Medical Legwear, SKINS gradient compression garments, as well as custom made garments for the treatment of lymphoedema, vascular conditions and to minimise scarring following severe burns.

We are a registered/approved supplier of compression garments for the Lymphoedema Compression Garment Program. We work closely with the Mercy Lymphoedema Clinic in East Melbourne and Heidelberg. This program provides financial assistance for pension holders and low income earners who need to purchase lymphoedema compression garments, and is funded by the Department of Human Services, Victorian State Wide Equipment Program (SWEP)

JOBST MEDICAL LEGWEAR

Designed to provide relief from tired, aching legs and the discomfort associated with varicose veins and oedema lymphoedema. Best for patients who are active and walking.

Available in three compression levels:
~ 15-20mmHg
~ 20-30mmHg
~ 30-40mmHg



ELVAREX CUSTOM GARMENTS

Custom made to individual measurements and prescription requirements.

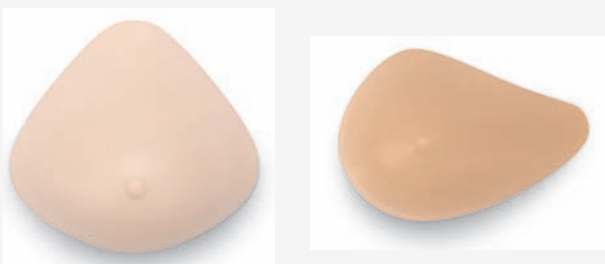
Doctors referral required with prescribed compression level.



AFTER BREAST CANCER FITTING SERVICES

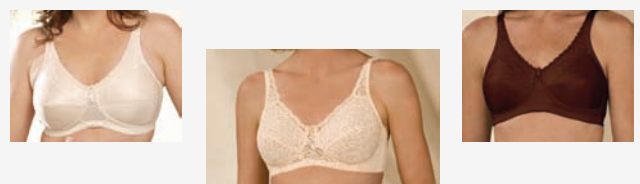
Women can be fitted post surgery for a Breast Prosthesis (Breast Form) and specialised Mastectomy Bra, that best suits their lifestyle and current needs. Appointments are essential and are not available at all OPC clinic sites. OPC also refers patients to a network of qualified mastectomy fitters located in their local area. Eligible women may be entitled to a reimbursement of up to \$400.00 per breast form every two years through the Medicare Reimbursement Program.

BREAST FORMS



Designed to suit women who have had lumpectomy, mastectomy and for those who have a variance in breast size as a result of any other type of breast surgery.

MASTECTOMY BRAS



Designed to suit different body and breast surgery types. The bras offer varying levels of coverage and support from leisure bras, sports style bras and bras designed for everyday wear.

Professional and amateur sports persons alike will often require a specialised sports guard or orthosis to provide protection and support for a recovering injury, or long term condition.

Our team of orthotists are able to customise orthoses to absorb shock and redistribute pressure, whilst remaining conformable enough to enable optimal performance and function. Some of these supports have also been modified for certain physical conditions for use outside the sporting community.

CUSTOM FACE MASK

Perspex or thermoplastic face guard with Velcro fastening.



Indications: General protection or for resuming sport following nose fractures, orbital fractures, cheekbone fractures.

SOFT TOP HELMETS

Dense foam helmet with chin strap.



Indications: General protection, reduce the likelihood of concussion, protection of fractures, protection for epileptic patients.

TORSO PROTECTOR

Foam-lined, plastic protective shell, held in place with neoprene binder.



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

CLAVICLE & AC JOINT GUARDS

Flexible thermoplastic guard that can be taped directly to the skin.



Indications: High contact sports protection for clavicle fractures, AC joint subluxations or dislocations.

FOREARM, WRIST/ HAND GUARDS

Thermoplastic shell with neoprene lining and Velcro fastening.



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

SHIN GUARDS

Thermoplastic shells with foam lining and Velcro fastening.



Indications: Protection for sport. AFL ruckman.

A

abdominal hernia 3
achilles tendonitis 9, 13
achilles tendon rupture 10
aching legs 14
AC joint guards 15
ACL support 7, 8
active patients 10, 14
acute wrist injury 5
Aircast
 ankle stirrup brace 9
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 foam walker 10
 mayo elbow orthosis 5
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 short pneumatic (SP) walker 10
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Ankle foot orthosis caliper 12
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ankle varus deformities 8
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ASO ankle brace 9

B

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C

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Cash hyperextension orthosis 3
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E

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Ground reaction AFO 11

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Heel spur pads 12
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Hemi-arm sling 4
Hinged knee orthosis 7
Hinged ligament knee orthosis 7
Humeral fracture brace 4

I

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J

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Knee immobiliser 7
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L

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LCL injuries 7
Leaf spring AFO 11
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M

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- mallet finger injuries 6
 Marlin collar 2
 Mastectomy bras 14
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 Mayo Elbow Orthosis 5
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 ankle 9
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- Neoprene sports shoulder orthosis 4
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- O**
- Orthopaedic footwear 13
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 Osteoarthritis knee bracing 7
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- P**
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 Patella tendon strap 7
 Patella tracking orthosis 7
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- R**
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 ROM knee orthosis 7
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 Soft lumbar sacral orthosis 3
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 liser 2
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- thumb tendonitis 6
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- V**
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 Value walker 9
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 ankle 13
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- W**
- Walker 10
 weak quadriceps 8
 weight bearing immobilisation 9, 10
 Wrist brace
 extension 5
 flexion & extension 5
 with thumb stabiliser 6
 Wrist guard 14

Main Facility

OPC Health, 03 9681 9666

151-159 Turner Street, PORT MELBOURNE, 3207

Metropolitan Melbourne Clinics

Blackburn

Bellbird Private Hospital
Consulting Suites
Cnr Blackburn & Canterbury Rds
BLACKBURN, 3130
Appts 03 9681 9666

Frankston

43 Hastings Road
FRANKSTON, 3199
Appts 03 9681 9666

Sunshine

143 Durham Road
SUNSHINE, 3020
Appts 03 9681 9666

Doveton

3/18-20 Hawthorn Road
DOVETON, 3177
Appts 03 9681 9666

Lalor

Lorne Street Natural Therapies
2 Lorne Street
LALOR, 3075
Appts 03 9465 4946

Werribee

Werribee Mercy Hospital
Allied Health Department
300 Princes Highway
WERRIBEE, 3030
Appts 03 9681 9666

Footscray

91 Paisley Street
FOOTSCRAY, 3011
Appts 03 9687 2271

St Albans

309 Main Road East
ST ALBANS, 3021
Appts 03 9681 9666

Regional Victoria Clinics

Benalla

Benalla & District Memorial Hospital
Consulting Suites
Coster Street
BENALLA, 3672
Appts 03 5760 2242

Sale

Central Gippsland Health Service
Community Rehabilitation Centre
Guthridge Parade
SALE, 3850
Appts 03 5143 8560

Warragul

West Gippsland Hospital
Physiotherapy Department
Landsborough Road
WARRAGUL, 3820
Appts 03 5623 0647

Korumburra

Korumburra Hospital
Consulting Suites
Gordon Street
KORUMBURRA, 3950
Appts 03 9681 9666

Traralgon

Gippsland Orthopaedic Group
Consulting Rooms
148 Princes Highway
TRARALGON, 3844
Appts 03 5174 7299

Wodonga

Wodonga Regional Health Service,
Rehabilitation Department
Vermont Street
WODONGA, 3690
Appts 02 6051 7400

Mildura

Mildura Base Hospital
Allied Health
13th Street
MILDURA, 3500
Appts 03 5022 3452

Wangaratta

North East Health Wangaratta
Health & Wellness Centre
Green Street
WANGARATTA, 3677
Appts 03 5722 5239

Wonthaggi

Wonthaggi District Hospital
Physiotherapy Department
Graham Street
WONTHAGGI, 3995
Appts 03 5671 3343



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