



FOOTWEAR ADVICE

The aim of this leaflet is to give you some idea of what to look for when purchasing a pair of shoes in order to accommodate your orthosis as well as providing adequate support for your feet.

Our feet support all of our body weight when we are standing and walking, it is therefore important that our feet are supported well by wearing the correct footwear.

What are 'good' shoes?

The most important point about a well-fitting shoe is that it is the correct length for your foot. This means there should be about 1cm (1/2 an inch) between the end of your longest toe and the end of the shoe. Remember that all manufacturers use different shaped lasts when they make their shoes, so one make may fit very differently to another even though they say they are

the same size. Other good points look for in a shoe are shown below.

Insole

A removable insole will allow extra depth to accommodate an orthosis

Fastening

to Laces, buckles or touch close fastenings (like Velcro®) all help to hold the shoe securely on your foot and support orthotic inserts. It is sometimes easier to get your foot into the shoe if the fastenings extend

Heel counter

This is the reinforcement around the heel of the shoe to stabilise the foot on the ground; this should be nice and firm

Heel

The heel of the shoe should be broad and under 4cm (1.5 inches)

Pitch

If your feet are painful it is better to aim to have a heel that is 15-20mm (3/4 inch) thicker than the sole under the ball of the foot. This helps your foot and ankle function with less strain.

Width

The shoe is designed so that the widest part of your foot sits in the widest part of the shoe

Sole

This should be thick enough to provide some cushioning when walking and have enough grip to prevent slipping

Upper and linings

These should be made from leather or breathable materials and be as smooth as possible. You should be able to pinch the upper over the ball of your foot

Toe Box

This should be wide enough not to squash toes and deep enough to allow your toes to wriggle in the shoe



If your consultant and orthotist have prescribed Orthotic adaptations to your own footwear to manage your condition.

What is a shoe adaptation?

A shoe adaptation is something that is done to the outside of the shoe for a variety of reasons including:

- A socket for a calliper
- A wedge, heel elongation or flare to alter your foot position
- A rocker sole
- A raise for a short leg

In order for this to be done you will need to bring in suitable footwear to be adapted.

The following guidelines will assist you in choosing suitable footwear.

- Shoes must have a lace closure, strap or Velcro fastening
- The shoe/boot should have a solid sole unit, either leather or rubber, i.e. not air sole trainers
- The more simple the sole, the easier it will be to adapt and the neater it will look
- The upper of the footwear should enclose the heel i.e. no mules or sling backs
- Heel height of 1¼" (30mm) maximum and heel width of 2½" (65mm) minimum

If you are buying new footwear do so on approval of it being suitable for adaptation

Once you have considered whether the shoe has all the above points you will need to try the shoes on in the shop and have a walk in them. You should aim to be wearing a similar thickness of sock to that which you would normally wear and there should be no slipping of the shoe at the back of the heel. If a shoe is not comfortable in the shop you are unlikely to be able to 'break it in' and make it comfortable.

Remember, the most expensive shoe is not necessarily the best shoe. If your feet swell during the day it is best to shop for footwear in the afternoons if possible.

Repairs on adapted shoes

Non-adapted shoe repairs and maintenance are your own responsibility. We recommend that you check your shoes/boots on a regular basis. Repairs should be arranged at a local shoe repairer.

If your footwear has special adaptations on the sole and heel, then we ask that you bring these shoes into the department to be repaired.

How do I get my adapted shoes repaired?

If your footwear has special adaptations on the sole and heel, then we ask that you bring these shoes into the department to be repaired.

If you find that your shoes need repairing frequently please contact the department as you may need a different sole / heel material. Please note we ask that all shoes are cleaned before being handed into the department or they may be refused.

Entitlement of shoe raises / adaptations

Adults are entitled to three pairs of shoes to be adapted or raised every year (this includes heel raises inside shoes). If you would like more than this you will need to pay. Please contact the department for prices.

Similarly children are also entitled to two pairs of shoes to be adapted or raised, however new shoes will be altered with every new size.

Where Can I find suitable shoes?

<u>Manufacturer</u>	<u>Web Address</u>	<u>Key Features</u>
Hotter	www.hotter.com	Often come with removable insoles Variety of width fittings
Ecco	www.ecco.com	Often come with removable insoles Tend to have low openings
Padders	www.padders.co.uk	Come slightly wider than regular shoes Often have removable insoles
DB Shoes	www.dbshoes.co.uk	Often come with removable insoles Wide range of widths from EE to 8E
Cushionflex	www.cushionflex.com	Range of widths available Have a softer sole with cushioning
Cosy Feet	www.cosyfeet.com	Range of wider and deeper shoes Tend to be a bit softer and have less support than other ranges
Hush Puppies	www.hushpuppies.com/uk	Often come with removable insoles
Clarks	www.clarks.co.uk	Some ranges have thick removable insoles Range of widths Range called WaveWalk has a rocking sole
Marks & Spencer Footglove Range		Have a wider fitting shoe Have a cushioned sole unit
Reebok		Casual trainer styles Some have rocking soles Styles have a low opening towards the toes
Arco	www.arco.co.uk	Arco: www.arco.co.uk Wide range of brands of safety footwear
Sevsafe	www.sevsafe.co.uk	Range of brands Footwear is available in 4 widths
Safe and Sound	www.snssafety.co.uk	Safety footwear in varying widths

Many of the ranges are available on local shops and all are available on the internet.

What happens next?

Your Orthotist may request that you return for a review appointment to review the provision of new footwear adaptation after 6 to 8 weeks. Replacements are only issued in accordance to annual allowances. Additional adaptations may be purchased at cost.

If you have any further queries, please contact:

	Altnagelvin Hospital	Omagh Hospital and Primary Care Complex	South West Acute Hospital
Appointments Orthotics Partial Bookings	(028) 71 296192	(028) 82 833666	(028) 82 833666
Collections and addition- al information Appliance Office	(028) 71 611147	(028) 82 833193	(028) 66 382057