

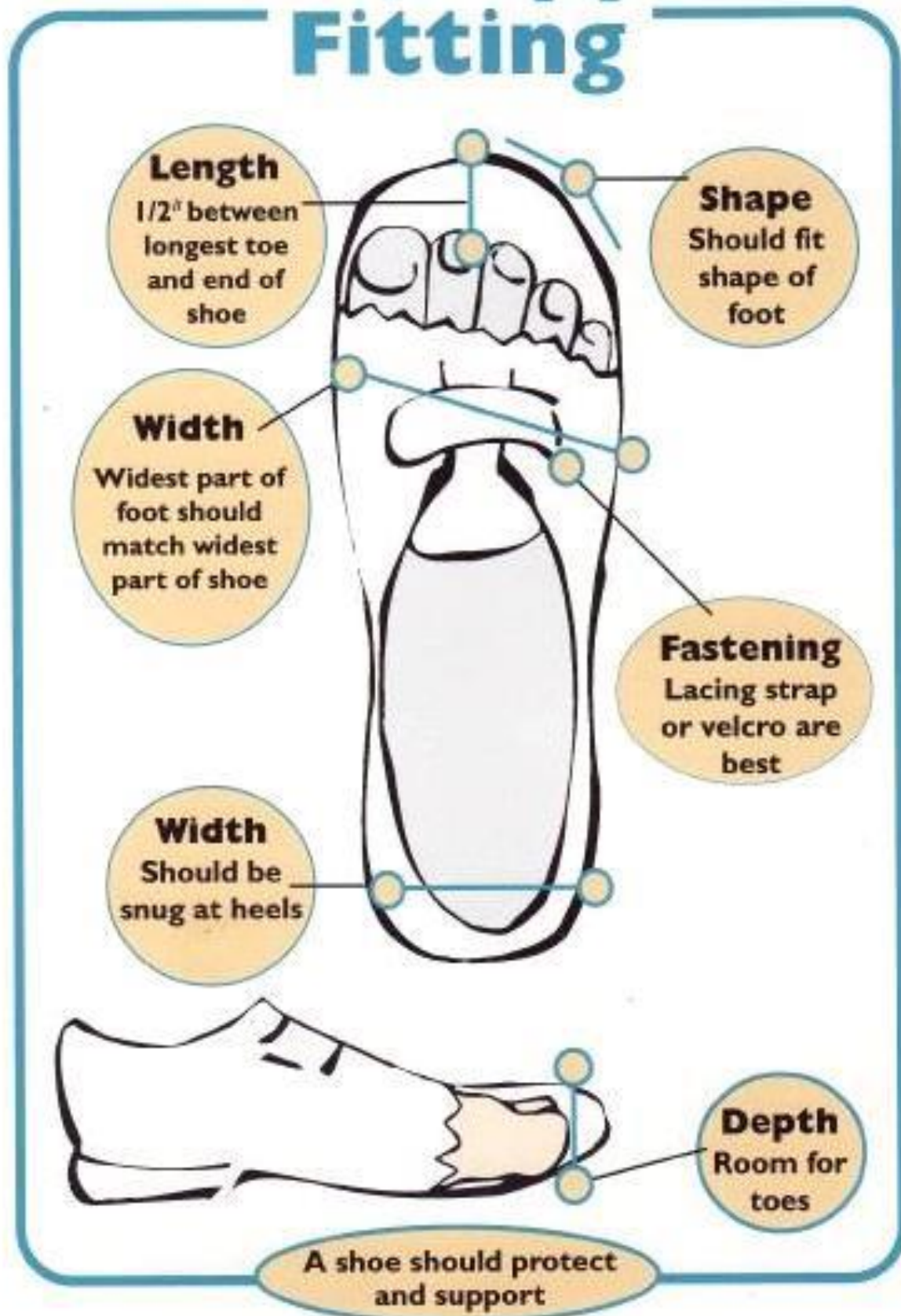
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FOOTWEAR ADVICE LEAFLET

Shoe/Slipper Fitting



There are many styles of shoes available on the high street and on the Internet. However, knowing what size and style to choose can sometimes be difficult for you or your child.

Suitable footwear is critical if it has to work in combination with orthoses (e.g. insoles, ankle supports) that you may have been provided with by your Orthotist.

THINGS TO CONSIDER BEFORE PURCHASING

- If one foot is bigger than the other always buy for the bigger foot.
- If your feet are prone to swelling, try footwear on later in the day so as not to buy footwear that are too small.
- Always wear socks or stockings with your footwear to maintain good foot hygiene.
- Ideally, the uppers (outer material) and linings (inner material) of your shoes should be made from natural materials such as soft leather. This will reduce chances of rubbing and sweating.
- If you suffer from specific conditions such as Diabetes or Rheumatoid Arthritis please take more specific advice from your Orthotist.

KEY FEATURES

Shoe size

There should always be approximately 12mm (1/2") from the end of the longest toe to the end of the shoe – about a thumb's width. This is especially important for children to allow room for growth.

Width

Check that there is sufficient width across the widest part at the front of your forefoot (across the joint).

Depth

Sufficient depth in the toe box (over your toes) to accommodate your toes.

Fastening

Secure fastening (i.e. Velcro/ lacing) over the instep to hold the foot firmly in the shoe. This will prevent the foot from slipping forward when walking. It will also help maintain the position of the heel in the heel counter. (Back of the shoe) Please **avoid** slip-on type shoes.



Heel Counter (the insert which reinforces the heel)

Should be firm and offer support to the heel.

Outer sole

Should provide good grip and have shock absorption, but should not be over flexible. For children that tend to toe walk, the sole should be as rigid as possible to discourage this tendency.

Heel height

A shoe should have a heel height of no more than 30mm (1¼"), as this will help reduce the pressure on the ball of the foot. You should also avoid shoes that are too flat and have no heel height as this will put strain on the ligaments at the back of your foot. The ideal heel height is between 20-25mm. Also a wide heel will increase the base of support and provide increased stability when walking.

Insoles

Check the footwear to see if the manufacturer's insole can be removed. This is helpful if you have been prescribed with insoles or other orthoses.

Boots

Boots often tend to have a firmer heel counter and can be used for additional stability around the ankles. These tend to be recommended for people or children that require additional support when walking.



**Breaking-in period**

New footwear should be broken/worn in gradually to reduce the chance of initial rubbing or discomfort.

Durability

You know it's time to repair or replace your shoes when you have scuffed heels or flat spots on the outer sole, or when the back edge of the heel gets so worn that it's angling sharply.

Remember

Please remember to bring suitable shoes when attending appointments for fitting of insoles or other orthoses.

For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call 0131 536 9434.