

Information for patients
Offloading Footwear



Orthotics^{RJAH}

Temporary shoes are provided for many reasons:

- To accommodate swollen feet
- To reduce pressure over an at-risk area
- To reduce pain
- To protect surgical wounds
- To accommodate temporary bandaging

The type of shoe that is given will depend on the reason. If there is a wound, the size and position of it will also determine which shoe is needed. All temporary shoes fasten with hook and loop and are prescribed for short term use.

Darco Shoes

Darcos are shoes most often supplied by the department for short periods of time. They have a thick sole with good tread, and a fold-down tongue. They have plenty of space for wide or swollen feet and have a thick insole that can be replaced with a custom insole if needed. Do not tamper with any custom insoles that you have been given.

These shoes are often used for patients with:

- Foot swelling
- Diabetic ulcers
- Wounds from toe surgery, including amputation
- Thick foot and leg bandages



Forefoot Offloading shoe

This shoe is used for patients that need to have less weight through the front of the foot. The sole of the shoe is lower at the heel to move your weight to the back of the foot. The sole under the toes is cut out, so there is less pressure through your toes. These shoes are used for patients with:

- Wounds from toe surgeries, including amputation
- Large diabetic ulcers under the front of the foot

These shoes are not suitable for all patients. Good balance and muscle strength are important to walk safely in a forefoot offloading shoe. A Darco shoe may be supplied with an offloading insole instead.



Heel Offloading Shoe

This shoe is provided for patients that need to have less weight through their heels. The shoe has a gap under the heel to reduce force through the area. Your weight is then directed through the front and middle of the foot. This shoe is used for patients with:

- Heel ulcers, both pressure and diabetic
- Post surgery

Like the forefoot offloading shoes, this shoe is not suitable for patients with poor balance or muscle strength. Patients with a higher risk of falls may be given a Darco with an offloading insole or a gel heel pad instead. This would reduce the weight through the heel as much as possible but still make sure you are safe when walking.



Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

If you require a special edition of this leaflet This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet.

Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

The Robert Jones and Agnes Hunt Orthopaedic Hospital, Tel: **01691 404442**

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RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm
Friday, 8.15am – 4.45pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm
Friday, 8.45am – 4pm

The Royal Shrewsbury Hospital

Tel: **01743 261000** Ext: **3701**

Monday – Thursday, 9am – 4pm
Friday, 8.30am – 3pm

The Princess Royal Hospital

Tel: **01952 641222** Ext: **4224**

Monday – Thursday, 9am – 4pm
Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

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Author: Abby Munro/Claire Pugh

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**The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust**
Oswestry, Shropshire, SY10 7AG

Tel: **01691 404000**

Web: www.rjah.nhs.uk