

# Information for patients Footwear Advice



# **Orthotics**

#### **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 to look for in a shoe are shown below.

#### Insole

A removable insole will allow extra depth to accommodate an orthosis.

#### Heel counter

This is the reinforcement around the heel of the shoe to stabilize 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) high.

#### 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

# Fastening

Laces, buckles or hook and loop fastening straps 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 further down towards your toes.

#### **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

#### 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

## Where can I buy 'good' footwear?

Here is a list of different manufacturers of footwear who tend to have styles that meet the characteristics of a good shoe. Please note that this list is not exhaustive and we are unable to recommend any particular style or manufacturer.

#### 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

#### 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

#### Clarks: www.clarks.co.uk

- Some ranges have thick removable insoles
- Range of widths
- Range called WaveWalk has a rocking sole

#### Hush Puppies: www.hushpuppies.com/uk

Often come with removable insoles

#### Marks & Spencer Footglove Range

- Have a wider fitting shoe
- Have a cushioned sole unit

#### Freestep

Low opening and have a removable insole

#### Reebok

- Casual trainer styles, some have rocking soles
- Styles have a low opening towards the toes

#### Safety Footwear- 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

#### ALT-BERG: www.altberg.co.uk

Safety footwear in 5 widths

Many of the ranges above are available on local shops and all are available on the internet. Below are some of the local shops that you may find useful. Please note we cannot recommend any particular shop, all these are correct at the time of going to print, but we cannot guarantee that details won't change.

#### Shrewsbury

Hotter shoes - Pridehill Shopping Centre Clarks - Pridehill Shopping Centre Jones' - High Street Tstar – Dogpole Charles clinkard shoes – High Street

#### Telford

Clarks - Telford Shopping Centre JD Sports - Telford Shopping Centre

#### Oswestry

Clarks - Cross Street Happy Feet - English Walls

# 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
RECEPTION OPENING TIMES GENERAL ENQUIRIES

Monday – Thursday, 8.15 am – 5.45 pm Friday, 8.15 am – 4.45 pm

The Royal Shrewsbury Hospital Tel: 01743 261000 Ext: 3701

Monday – Thursday, 8.30 am – 4 pm

Friday, 8.30 am – 3 pm CLOSED FOR LUNCH 12.30 pm – 1.15 pm

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**GENERAL ENQUIRIES**Monday – Thursday, 8.45 am – 5 pm

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

The Princess Royal Hospital Tel: 01952 641222 Ext: 4224

Monday – Thursday, 9.00 am – 4.30 pm Friday, 8.30 am – 12.30 pm. Closed pm CLOSED FOR LUNCH 12.30 pm – 1.15 pm

The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust, Oswestry, Shropshire SY10 7AG Tel: 01691 404000

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