

Information for patients  
**Footwear Advice**



**Orthotics**  
RJA H

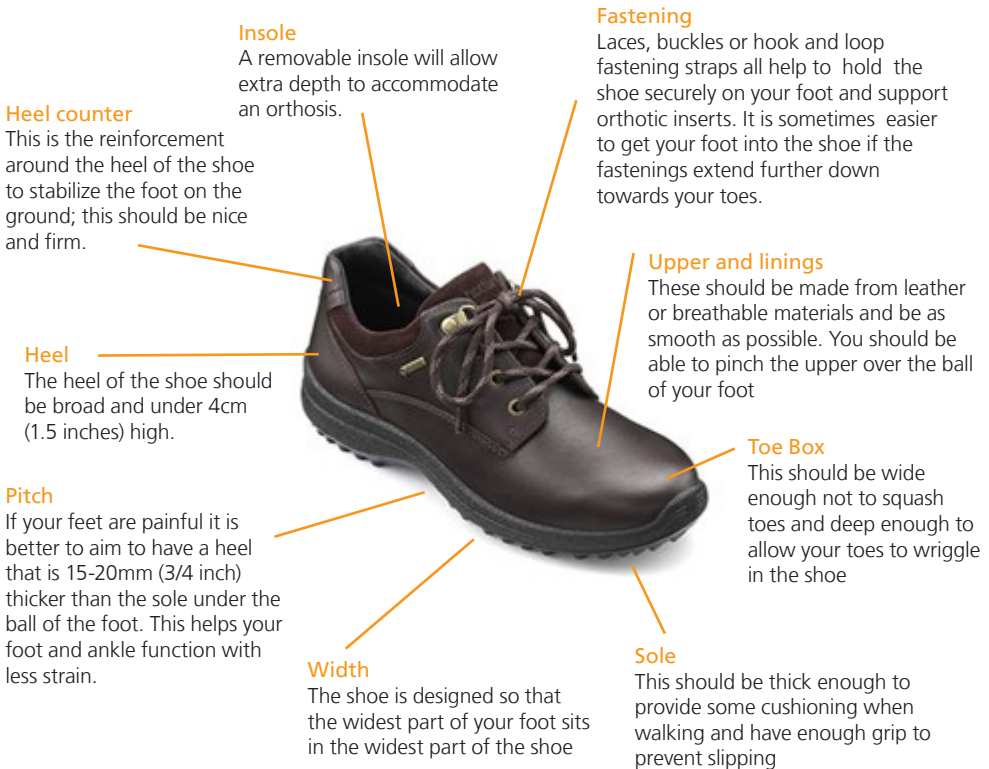
## Footwear Advice

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.**



## 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](http://www.hotter.com)**

- Often come with removable insoles
- Variety of width fittings

### **Ecco: [www.ecco.com](http://www.ecco.com)**

- Often come with removable insoles
- Tend to have low openings

### **Padders: [www.padders.co.uk](http://www.padders.co.uk)**

- Come slightly wider than regular shoes

### **DB Shoes: [www.dbshoes.co.uk](http://www.dbshoes.co.uk)**

- Often come with removable insoles
- Wide range of widths from EE to 8E

### **Cushionflex: [www.cushionflex.com](http://www.cushionflex.com)**

- Range of widths available
- Have a softer sole with cushioning

### **Cosy Feet: [www.cosyfeet.com](http://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](http://www.clarks.co.uk)**

- Range of widths
- Range called WaveWalk has a rocking sole

### **Hush Puppies: [www.hushpuppies.com/uk](http://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 trainers, some have rocking soles
- Styles have a low opening towards the toes

### **Safety Footwear- Arco: [www.arco.co.uk](http://www.arco.co.uk)**

- Wide range of brands of safety footwear

### **Sevsafe: [www.sevsafe.co.uk](http://www.sevsafe.co.uk)**

- Range of brands
- Footwear is available in 4 widths

### **Safe and Sound: [www.snssafety.co.uk](http://www.snssafety.co.uk)**

- Safety footwear in varying widths

### **ALT-BERG: [www.altberg.co.uk](http://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.

### **Telford**

Clarks - Telford Shopping Centre  
JD Sports - Telford Shopping Centre  
Pavers - Telford Centre

### **Oswestry**

Clarks - Cross Street  
Happy Feet - English Walls

### **Shrewsbury**

Charles Clinkard Shoes - High Street  
Clarks - Pride Hill Shopping Centre  
Jones' - High Street  
JD Sports - The Darwin Centre  
TeeStar - Dogpole

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](mailto: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](mailto:rjah.pals.office@nhs.net)

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

### 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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