

Information for patients

Footwear Advice



Orthotics
RJA H

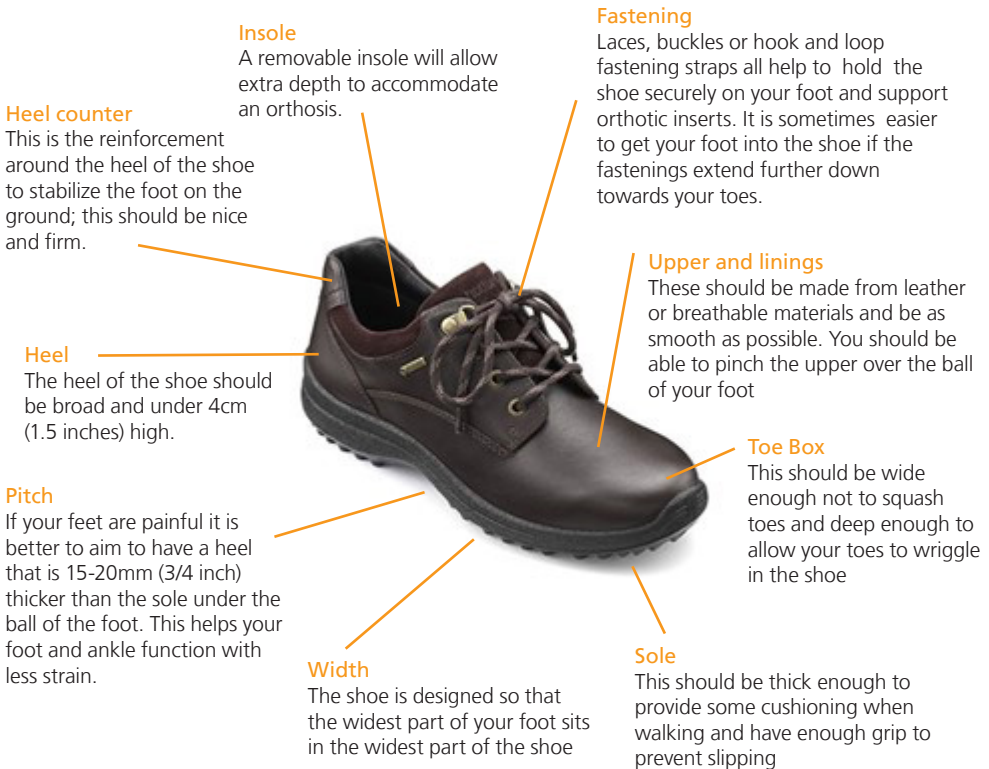
Footwear Advice

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

- 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

- 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 trainers, 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.

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

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

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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