

## 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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## Information for patients AFO Footwear



## Tips for finding footwear to wear with your AFO

- Your AFO does not have any grip along the bottom so should always be used inside a shoe.
- Your shoe will work alongside the AFO in supporting your foot/ankle and will help to optimise its benefit so it is important to try and find an appropriate style as advised below.
- The AFO will obviously take up room inside your shoe so sometimes you will need to buy footwear a size or so bigger.

A shoe that fastens, i.e. with laces/hook and loop fastening, is better as it allows you to open the shoe up wider to help put it on and it can be tightened securely to help support you further. The lower down the laces/hook and loop fastening the easier it should be.

Most high street footwear has an inlay built into the sole of the shoe. Sometimes these are loose, sometimes they are held down with glue. It is worth looking for shoes that have these in (the thicker the better) and removing them as this will give extra space for your AFO.



- We tend to find that cheaper shoes are generally made deeper and wider so it is often worth trying supermarkets and alike to find suitable footwear.
- It is best to take your AFO with you when buying new footwear.
- If you only wear an AFO on one leg and need to buy bigger shoes you may need to add an insole into the other shoe to take up any extra space.
- Remember, your AFO is providing you with the support you need and the important thing is to find something to fit over the top to give you grip when walking. You do not necessarily need to buy a particularly supportive/expensive shoe.



Avoid slip on shoes



Avoid shoes with a small opening



Avoid shoes with too high a heel and pointy toes

Several companies design shoes specifically for AFOs with different opening styles and wider/deeper fittings. Unfortunately, they can be a little more expensive and difficult to source but they are another option to consider. The following are available online

**Tomcat Twisters** (rear opening with boa closure) [www.tomcatspecialneeds.co.uk](http://www.tomcatspecialneeds.co.uk)

**Kinetec** (Adult and childrens with boa closure) [www.kinetecuk.com](http://www.kinetecuk.com)

**Easy Up Shoes** (rear opening with boa closure) [www.easyup-shoes.com](http://www.easyup-shoes.com)

**Hatchbacks** (rear opening) [www.hatchbacksfootwear.com](http://www.hatchbacksfootwear.com)

**KP Trainers** (Keeping Pace) (rear return Velcro opening) Distributed by 'Buchanan Orthotics'. [www.buchananorthotics.co.uk](http://www.buchananorthotics.co.uk)

**Plae Shoes** (interchangeable tabs for adjustable fit) [plae.co](http://plae.co) and [www.happylittlesoles.co.uk](http://www.happylittlesoles.co.uk)

**Nike Flyease** (side/rear opening) [www.nike.com](http://www.nike.com)

**Billy Footwear** (flip-top zip opening) [Billyfootwear.com](http://Billyfootwear.com), [specialkids.company](http://specialkids.company), [www.custompropel.com](http://www.custompropel.com) and [www.zulily.com](http://www.zulily.com)

**Friendly Shoes** (flip-top zip opening) [friendlyshoes.com](http://friendlyshoes.com)

**Nimco/ De Novo** and **Piedro specialist children's orthopaedic footwear** which can be purchased in extra wide and deep fittings to accommodate AFOs. [www.denovohealthcare.com](http://www.denovohealthcare.com) and [www.piedro-uk.co.uk](http://www.piedro-uk.co.uk)

**DB Wider Fit Shoes** (Wider and deeper footwear) [www.dbshoes.co.uk](http://www.dbshoes.co.uk)

You can purchase seamless socks that are designed to be worn with AFO's. Most people find normal high street socks are fine but in some cases they can make AFO wear more comfortable. See [www.sensorysmart.co.uk](http://www.sensorysmart.co.uk)

We appreciate that finding footwear to fit over an AFO can be a laborious task. If we can be of any further assistance please do not hesitate to contact us.

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.