

# Patient information

## Advice about specialised footwear

### Prescribed footwear

The orthotist may have prescribed you with footwear specific to your needs which may include accommodating, protecting and supporting your feet. They often include supportive insoles. For guidance on insoles, please refer to the leaflet 'Guidelines for the use of functional foot orthoses (insoles)'.

### Adapted footwear

You may require your own footwear to be adapted. This may be a raise, wedge, socket for a caliper, or some other orthotic input. The footwear to be adapted should:

- Fit well, be comfortable and be secure on the foot
- Fasten securely, by means of laces, Velcro straps or a buckle
- Have a wide, low heel
- Be in a state of good repair.

Look for:

- If the footwear requires adapting to use with a caliper, the heel should be solid. Heels that are hollow cannot always be adapted.
- If the footwear is to be raised, the adaptation will look better if the sole and heel are black or brown.

Avoid:

- If a raise is to be added, avoid footwear with exaggerated shaping or variable colours in the sole and heel unit. These are difficult to adapt and the finished adaptation will be much more noticeable.
- Trainers with 'air' cells or flashing lights in the heels.
- Footwear with hollow moulded sole units, particularly if a socket is to be added for a caliper.
- Footwear with soles that extend up the sides of the upper.
- Very flexible soles.

### Supply

Once you have received your prescribed or adapted footwear, you should gradually wear in your footwear by using for short periods, perhaps an hour, and preferably indoors at first. Ensure socks are worn with your shoes and observe good skin care and foot health hygiene.

**Once comfortable you should use them as much as possible to ensure support and protection for your feet.**

If you feel any prolonged discomfort or rubbing you should contact the orthotics department to arrange a review. For guidance on diabetic foot care, please refer to the leaflet 'Foot care advice for people with diabetes'.

### Eligibility

You are entitled to two pairs of prescribed footwear or two footwear adaptations per year. Once we are agreed that your footwear is appropriate and successful for you a second pair or adaptation can be provided.

If you require additional footwear/adaptations outside of your NHS allowance, these can be purchased. Please contact the department for a quote and advice.

## Contact us

Tel: 0300 131 4787 direct Line

Email: [esh-tr.orthoticsteam@nhs.net](mailto:esh-tr.orthoticsteam@nhs.net)

Orthotics Department

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The Ridge

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TN37 7RD

Eastbourne District General Hospital Level 2

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## Sources of information

**British Association of Prosthetists and Orthotists (BAPO)**

Website: [www.BAPO.org](http://www.BAPO.org)

**NHS Scotland** Scottish Diabetes Group - Foot Action Group

## Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at:

[esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Philip King, Orthotist

Lesley Baker, Service Manager

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Community Health and Integrated Care

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Responsible clinician/author: Melanie Burgess, Orthotics Team Lead

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