

## Footwear adaptations



### What is an Orthosis?

An orthosis is an external device used to support, align, reduce or correct deformities.

### Why might I need footwear adaptations?

Footwear adaptations are alterations to footwear to help with your walking. Your Orthotist may suggest footwear adaptations to help relieve pain, reduce pressure or protect the bottom of your foot.

### Types of footwear adaptations

- A caliper socket (to be used with a caliper).
- A wedge or flare (to shift your weight line a certain way).
- A raise (where one leg is shorter than the other).
- A rocker sole (to reduce pressure on the balls of the feet).

### What footwear can be adapted?

Not all footwear is suitable for adaption as the heel/sole may need to be taken off. We recommend shoes with a rubber or leather sole unit.

Avoid shoes with hollow soles (air bubbles etc.) and shoes that have a thin sole as we may be unable to cut through the units.

### Which pair of shoes should I choose for adaption?

We recommend choosing shoes that:

- Are comfortable and have been worn before
- Have a good and secure fastening (lace or hook and loop)
- Have a supportive structure including heel support and foot support front and sides. A flip flop style or sandals are not suitable for adaptation
- Are in good condition and do not have excess wear on the soles.

## Repairs

We are able to repair the **adapted shoe(s)** and we encourage you to check the wear pattern of your shoes regularly. Footwear will wear down on the heel and the ball of the foot as you walk.

Some cobblers/shoe repairers are happy to do repairs to adapted footwear. If your shoe has been adapted with a flare/wedge we advise you to use our repair services so that the adaptations are maintained and are correct.

Please note: The original sole unit will be used where possible, however this cannot always be guaranteed. The shoe may need re-soleing and heeling leaving a different tread to the original.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner. If you require any further advice contact the Orthotics department on 0300 141 4787.

## 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 4731(direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is 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 the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [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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