



Orthotics Department

General Paediatric Footwear Advice

Why do you need good footwear?

Your referral to the orthotic department will be in regards to your feet, ankles, knees, hips, lower back, or a combination of these. The shape and alignment of your feet can have an impact on all of these areas, which is why a good pair of supportive and appropriate footwear is the best first step to solving any of these problems.

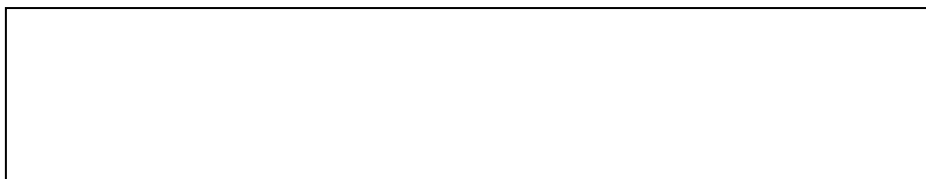
Whether we have supplied you with an insole, orthosis, or advice, adding in good footwear can improve the treatment plan we have set out for you. This leaflet outlines what is considered "Good Footwear".

Key Features

- **Wriggle room for your toes:** Make sure your toes are not rubbing on the top or ends of the shoe
- **Enough depth:** You should not have to struggle to fasten the shoe because it is tight and your heel should not slip up and down at the back. This is especially important if we give you an insole to wear; a lot of shoes come with a 'loose' insole that can be removed to replace with the one we provide
- **A strong heel that is not easily folded or crushed by your hands:** This provides good control to the ankle, whereas just a piece of fabric that can be folded with ease provides minimal, if any, support
- **Enough width:** You should not feel pressure across your joints pushing in, and you should not see the shoe bulging out of the sides where your foot is squashed
- **Enough length:** We recommend 10-14mm of space beyond the toes to allow a child's foot to grow; this is around the width of your index finger
- **A good quality sole:** It should not be too flexible (not allowing the shoe to be bent or twisted with ease)
- **An appropriate heel height:** Both too flat and too high a heel can cause further problems. A height of 10-25mm is recommended
- **A front fastening:** This can be lace, Velcro, or buckle, but it should hold your heel pushed back into the shoe
- **Good quality upper:** This should be flexible and soft to allow the foot to move without increasing the pressure on the skin; something breathable like leather is best.

Recommended brands/retailers

From our own experience in paediatric footwear, these brands/retailers have a good reputation amongst our existing patient groups:



Examples of Good Footwear



Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the orthotic department at Dorset County Hospital: 01305 254408.

About this leaflet:

Author: Matthew Wood, Orthotist
Written: May 2020
Updated & Approved: November 2021
Review Date: November 2024
Edition: v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email

pals@dchft.nhs.uk



© 2021 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk