



## Orthotics Department

# Orthopaedic Footwear

### Reason for wearing the footwear

The footwear will be supplied to you if there is a clinical need determined by your Orthotist and you are unable to buy shoes which fit correctly and have tried all the wider fit shoes on the market without success. Reasons for orthopaedic footwear can be, to accommodate an orthotic which will not fit into shop bought footwear or if you have a medical condition which means you are at risk of developing problems eg diabetes or rheumatoid arthritis.



### What will happen at the assessment appointment?

Firstly the Orthotist will check that you have tried all the types of shoes available to buy and may give you guidance on suitable footwear. If orthopaedic footwear is required, then a full assessment of your feet will take place, with measurements and foot moulds taken as required. Your Orthotist will discuss the assessment process with you and which type of footwear is most suited to your needs. You will be given a choice of style, fastenings type (either lace or Velcro) and colour. All the information is then sent to a footwear manufacturer for your shoes to be made and a fitting appointment will be made for you.

### What will happen at the Fitting/Supply Appointment?

The fitting appointment is usually about six weeks after you are first seen. Footwear is usually made to an initial fitting stage, which means the shoes are unfinished and a sole unit has not been added. At this stage you will need to attend an appointment while several checks are made. The Orthotist will note down any alterations required to ensure the shoes fit well. After the initial fitting the shoes will then be sent off for any alterations and finishing. This usually takes around six weeks. Sometimes it is necessary to carry out a second fitting stage before shoes can be finished. If this is required, your Orthotist will let you know. After fitting you will receive a final supply appointment.

### What will happen once footwear has been provided?

Your new footwear will be tried on and checks made to ensure the fit is correct and all requested changes have been made. If you are diabetic, have poor sensation or a history of poor healing in your feet, then you must gradually build up wearing your shoe starting with 15 minutes on the first day and increasing the wear by no more than 15 minutes each day ie wear 15 minutes day 1, 30 minutes day 2, 45 minutes day 3, 60 minutes day 4 etc. All other patients can start with 30 minutes on the first day, increasing wear by 30 minutes each day ie 30 minutes day 1, 60 minutes day 2, 90 minutes day 3 etc.

You must check your feet as you are breaking in the footwear looking for blisters, swelling, warmth, cuts or persistent pressure marks (which remain after 20 minutes of removing the shoes). If you are unable to get down to your feet, then ask someone else to check them for you; this is especially important if you are diabetic or have poor sensation in your feet. If you find any changes you are concerned about, then stop wearing your footwear and immediately contact the orthotic department.

It is important to check inside your footwear every day before putting them on to avoid injury, checking for grit, sand, stones, pins or loose objects. The insoles can be removed so pull them out and check underneath them. Clean and polish your footwear regularly.

## Reviews, repairs and replacements

You are entitled to two pairs of shoes. You will need to break in and wear the first pair for several weeks before the second pair is ordered. If you are entirely happy with them, then this order can be placed over the phone. However, if there are any problems, please contact the department on the number below to book a review appointment. Any further routine reviews that are required will be arranged by your Orthotist.

It is important you keep the heels and soles repaired. The hospital will repair them free of charge. Please drop in your footwear at main reception located in North Wing, labelled with your name and hospital number and enclose a note stating which repairs you wish to have carried out. The footwear will be replaced when they are deemed irreparable by the orthotic department or if your shoe size has changed.

## Individual Patient Instructions:

## About this leaflet:

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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](mailto:pals@dchft.nhs.uk)



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