



Orthotics Department

Orthopaedic Paediatric Footwear

Why are you being provided with Footwear?

If you are being provided with footwear by the orthotics department, it is because the Orthotist has seen that there is a need to supply you with something more tailored to you than footwear you would buy in a shop. The reasons may be: that your feet do not fit into stock-sized footwear; your footwear needs to accommodate an orthotic device which will not fit into stock footwear; or there is a pre-existing medical condition that requires additional protection for the feet (such as diabetes).



How is this assessed?

The Orthotist will check that you have tried all types of footwear available to buy, and may first give guidance on suitable footwear and where to find it. If orthopaedic footwear is necessary, the Orthotist will look at how your feet function, take measurements, and possibly moulds of your feet. You will be able to discuss what will work best for you, with choices of style, colours and the fastening type (either lace or Velcro). All this information is then sent to a factory where your footwear is then made for you.

How the footwear is fitted?

Around six weeks after you are first seen, you will have an appointment to see how they fit. At first the footwear will only be made to a fitting stage; this means it will not have a sole and will not fully reflect the finished design. An Orthotist will check how the footwear is fitting to your feet, checking for the sizing and fastenings, as well as asking if you feel comfortable wearing them. If any alterations need to be made, the Orthotist will note these down but even if they are nicely fitting and appropriate, they will still need to be sent back to the factory to be finished. Sometimes, just to be sure, the Orthotist may have a second fitting appointment with you, where the shoe is adapted but not yet finished. This will confirm that the adaptations needed have been successful, and that when finished, the footwear will be a good fit.

When footwear is provided

When both you and the Orthotist are happy with the footwear, a final fitting appointment will be made. The shoes will be finished with a sole and any necessary adaptations and the Orthotist will check the fitting again and you will be able to walk in them to make sure you are happy too.

We advise that all footwear is gradually worn in. For the first day we advise only to wear them for 30 minutes. This can be increased by half an hour every day (day two you can wear them for an hour, day three for one hour and 30 minutes etc.) until you are wearing them all the time you would normally be wearing shoes. As you break them in, you must check your skin condition. You should look for blisters, swelling, warmth, cuts, or persistent pressure marks.

At first it is possible you may get some red pressure marks that appear on your feet and as long as these go away within 20 minutes of removing the shoe then this is not unusual. If these red marks persist longer than 20 minutes consistently, or any of the above concerns are present, please stop wearing the footwear and contact the Orthotics department.

Before putting on footwear, it is important that you check the insides to make sure there are no loose objects or material that could rub your foot such as stones, sand or grit. It is also important that you undo the fastening; do not try to use them as slip-on shoes. Undoing the laces helps to both keep the footwear in a good condition for a longer time, as well as keeping your foot secure and fastened inside the shoe to stop movement and rubbing.

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.

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.

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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

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