

### What type of footwear is the most suitable?

Generally lace up shoes are the best choice as they offer the most adjustment. Straps (Velcro or buckle) can be used but offer less adjustment.

### What type of shoe is unsuitable?

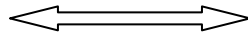
Sandals and low cut shoes are generally unsuitable, a shoe with a steep pitch i.e. high heel is not desirable.

### Footwear to accommodate orthoses

The most important feature is the access of the foot and the orthoses in the shoe. Look for footwear in which the fastening extends as low as possible, footwear which, has removable insoles will provide the extra depth which may be necessary to accommodate the orthoses.



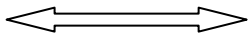
fastening extends  
as low possible



Boots and high-  
backed shoes and  
trainers are good  
for  
accommodating



orthoses.



The best footwear to buy is that in, which the sole and heel units are made up in obvious layers. This is the easiest to adapt. It will look better and last longer.

### What type of footwear should be avoided?

Footwear with exaggerated shaping or variable colours in the sole and heel unit is difficult to adapt and the finished adaptation would be much more noticeable.



Any special type of sole and heel unit such as air or liquid cushioning makes the adaptation almost impossible.



Footwear with flashing lights in the heels and soles should also be avoided.

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## GUIDE FOR PURCHASING FOOTWEAR FOR USE WITH ORTHOSES OR FOR ADAPTIONS

### For further advice contact:

**Main hospital number: 0114 271 7000**

Patient Advice & Liaison Team (PALS)  
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Western Bank  
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S10 2TH

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