



Patient Information  
Children's Stock Footwear



## Children's Footwear Prescription

A pair of boots is prescribed for several different reasons:

- To provide ankle support to help improve balance
- To provide a stable base of support
- To encourage independent standing or walking for a late walker
- For use with a standing frame candidate or walker
- For use with shoe adaptations
- To accommodate a difference in shoe size etc.

## Assessment for Footwear

At the first appointment the Orthotist will assess your child and discuss the reason(s) that they have been referred for footwear and how the footwear can help. Once a treatment plan has been agreed then the Orthotist will take measurements of the feet. The Orthotist will then fit the footwear at the next appointment, and if you are happy with them, you can then take them home.

## Wearing the Footwear

Once the footwear has been supplied we suggest that it is worn as often as possible. We recommend that the wearing time of the footwear is increased gradually. The footwear should initially be worn for 30-60 minutes and the wearing time can then be increased by 30-60 minutes each day. The footwear should always be worn with socks.

We recommend that you check your child's feet every time the footwear have been worn.

## Cleaning the Footwear

- Leather: Excess dirt should be removed with a blunt object or brushed off with a soft bristle brush or old tooth brush. The footwear can then be wiped with a damp cloth or antibacterial wipe. **DO NOT** soak or immerse the footwear in water, use harsh clinical chemicals or clean in a washing machine. Once the footwear has dried, polish with shoe polish or wax.
- Nubuck/Suede: Brush any dirt off with a soft bristle brush. A firm bristle brush will damage the Nubuck/Suede. **DO NOT** soak or immerse in water. Specialist footwear clinical chemicals are easily available for Nubuck/Suede to remove stains. Ideally, the footwear should be sprayed with Nubuck/Suede protector before they are worn for the first time.

## Repairs and Replacements

- Your footwear belongs to the NHS and therefore it is the responsibility of the hospital that has issued the footwear to repair them as required. Please contact the Orthotics department to check when the footwear can be brought in for repairs. Please ensure that the footwear is clean and clearly labelled with your child's full name, date of birth and address. If the footwear is not clean they may not be accepted.
- We advise that you check your child's footwear regularly. There should ideally be a 10mm gap between the end of the big toe and the end of the inlay that is in the footwear. Remove the inlay and check this regularly. If the toes are near the end of the inlay, then please contact the orthotics department so that a review appointment can be arranged for the Orthotist to check the fitting of the footwear.

## Contact Details

Orthotics Department:	
Hospital:	
Address:	
Tel:	
Email:	
Your Orthotist is:	

If you require this information in another language, please contact us on the above details.

Unit 3 Stourton Link,  
Intermezzo Drive  
Leeds LS10 1DF  
Tel: +44 (0) 113 207 0435  
Email: [orthoticenquiries@steepergroup.com](mailto:orthoticenquiries@steepergroup.com)

[www.steepergroup.com](http://www.steepergroup.com)

STPOR009 Issue 2