



Patient Information
Adults Orthopaedic Footwear

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Adults Orthopaedic Footwear Prescription

There are different reasons why you may have been prescribed orthopaedic footwear. Some of these are:

- To support or control unwanted foot and ankle motion.
- To accommodate excessive foot and ankle swelling.
- To accommodate irregular foot shapes or bony changes in your feet.
- To protect feet at risk of injury or pressure sores.
- All orthopaedic footwear is design to accommodate your needs.

Frequently Asked Questions

When do I get my orthopaedic shoes?

Your Orthotist will assess and discuss what available options there are to suit your needs. Once a treatment plan has been agreed, he or she will measure, take drafts and/or mould of your feet.

Depending on the complexity of the prescription, the shoes may need to be checked at an intermediate stage. Your Orthotist will inform you of the process.

When do I wear my shoes?

Once you are used to your footwear, they should be used as much as possible.

How long should I wear them for to get used to them?

We recommend you break your shoes in slowly by gradually increasing the time you use them for every day. Start with one hour a day increasing by half an hour or one hour daily. If your feet are at risk of developing pressure, your Orthotist may advise you break them in slower.

Always check your feet for signs of pressure, blisters, cuts or anything unusual. You may get some red marks but these should disappear after 15-20 minutes. Inspect your shoes regularly for any signs of unusual wear, damage or foreign objects.

How many shoes can I have?

If the footwear is found to be beneficial, once you are used to them, we will supply you with a second pair. These can be made to a different style and colour providing they fulfil the treatment needs.

Patients are entitled to a maximum of two pairs of shoes at one time, rather than every year. We will not replace the shoes unless they are beyond economical repair, they are unsafe and could cause problems or the Orthotist decides they are no longer suitable to treat your condition.

Why do my shoes look so bulky?

We do try to improve the design and style of our orthopaedic footwear regularly but, you have to remember that the shoes have been designed to fulfil your clinical needs.

Where can I get my shoes repaired?

Your orthopaedic footwear belongs to the NHS and therefore your hospital will send them to be repaired whenever needed. Please check with your hospital when they can be dropped in and collected.

Please make sure that your shoes are clean and clearly labelled as otherwise they may not be accepted.

Care of your footwear:

It is your responsibility to check and make sure that your footwear is maintained properly and fit for purpose. Check the inside of your shoes regular to make sure the liner is still intact and to make sure there is no loose items inside. Remove the insoles also to make sure the base of the shoe is still in good working order.

If your shoes get wet, please remove the insoles and let them dry naturally at room temperature. Newspaper and shoe trees can be used if needed to maintain the shape.

Leather: Excess dirt should be scraped off with a blunt knife or brushed off with a soft bristle brush. Leather can be gently washed with water and a clean cloth. **DO NOT** soak or immerse in water. Polish with a leather conditioner or wax if required.

Suede/Nubuck: Gently brush away any dirt with a soft bristle brush. **DO NOT** soak or immerse in water. Any stains can be removed using a proprietary solvent. Ideally, spray your footwear with a suede/nubuck protector before you first wear them.

Neoprene: Gently brush away dirt with a soft bristle brush. Neoprene can be gently washed with water and a clean cloth. **DO NOT SOAK** or immerse in water.

Contact Details

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Your Orthotist is:	

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

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