

# Guide to buying footwear

Orthotics



## Introduction

The aim of this leaflet is to help you recognise the features of footwear that will most likely offer a comfortable fit.

## What shoes should I wear?

All feet are different but well-fitting supportive shoes should improve the comfort of your feet. Shoes with the following features should be the most comfortable:

- Round or square toe shape with plenty of depth so your toes are not squashed
- A low heel, ideally less than 30mm but more than 15mm high.
- A lace-up or velcro fastening to hold the foot firmly without rubbing
- Removable insoles, especially if the hospital is providing an insole or orthosis
- Soft, seamless uppers with supportive deep heel counters.
- Cushioned sole to absorb impact

## What size shoe should I wear?

The correct shoe size is essential for comfort and support. Ideally, you should have your feet measured at the shoe shop.

There should be 6-10mm space in front of the longest toe

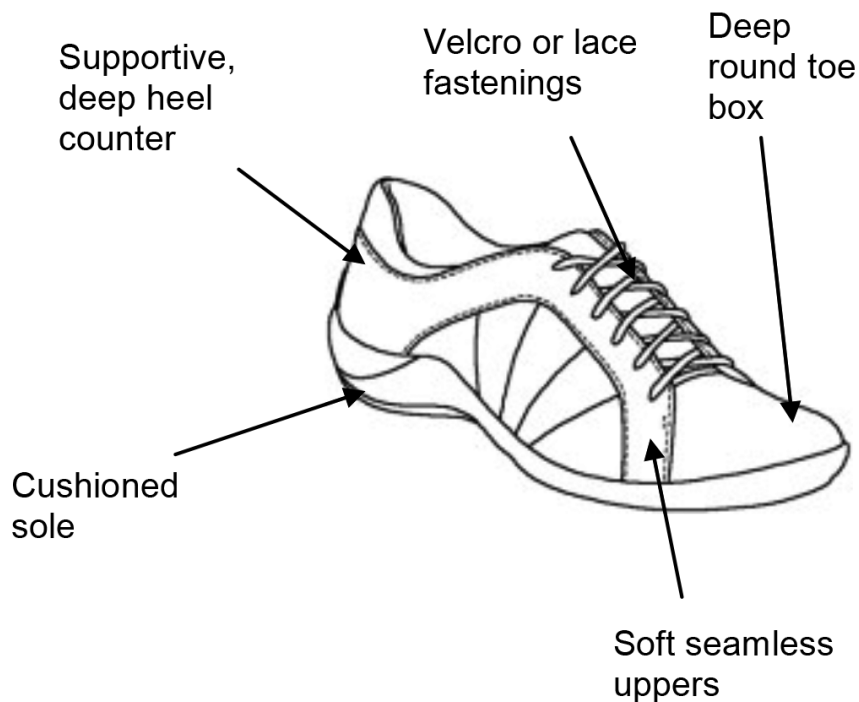
The natural shape of the shoe should not be distorted by the foot, this may indicate excess pressure on the toe joints.

With the foot in the shoe, when moving a thumb or finger across the forepart of the footwear there should be a slight rippling of the material but not a significant crease that would indicate the shoe is too wide.

The heel counter of the footwear should be neatly against the sides of the feet with no pressure on bony protrusions such as the ankle bone or the top of the heel curve.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## When should I buy my shoes?

Your foot size can vary through the day. Try shopping later in the day, if your feet tend to swell they will be at their largest at that time.

Always buy shoes to fit your largest foot.

Shoes should be comfortable at the time of purchase, however, you should always break new shoes in slowly.

If you are receiving insoles from the orthotics department and are considering buying new footwear we would recommend waiting for the insoles first and taking these to try in the shoes to ensure an appropriate fit before you purchase new footwear.

## Where should I buy my shoes?

Many shops and footwear companies make wide-fitting shoes and shoes which incorporate the features discussed. Below is a list of some of these:

- Hotter ([www.hottershoes.com](http://www.hottershoes.com))- often come with removable insoles
- Hush Puppies ([www.hushpuppies.com](http://www.hushpuppies.com)) often come with removable insoles
- DB easy ([www.dbshoes.co.uk](http://www.dbshoes.co.uk)), often come with removable insoles, widths from E to 8E
- Cosyfeet shoes([www.cosyfeet.com](http://www.cosyfeet.com))
- Equity ([www.equityshoes.com](http://www.equityshoes.com))
- Reiker Van Daal ([www.vandalshoes.com](http://www.vandalshoes.com))
- Rohde ([www.rohdeshoes.co.uk](http://www.rohdeshoes.co.uk))
- Padders ([www.padders.co.uk](http://www.padders.co.uk)), Birkenstock ([www.birkenstock.co.uk](http://www.birkenstock.co.uk))
- Safety Footwear- Arco: [www.arco.co.uk](http://www.arco.co.uk). Wide range of brands of safety footwear
- Sevsafe: [www.sevsafe.co.uk](http://www.sevsafe.co.uk). Range of brands. Footwear is available in 4 widths
- Safe and Sound: [www.snssafety.co.uk](http://www.snssafety.co.uk). Safety footwear in varying widths
- Wallis, Evans, Clarks, Marks and Spencer and New Look have a range of wide-fitting shoes
- Shoe zone has several wide fit options

- Asics footwear have removable insoles and wide fit options
- New balance footwear have removable insoles and wide fit options
- Asda George have wide fit footwear for adults and children

Many of the ranges above are available at local shops and all are available on the internet.

The above shops, brands and companies have no links with the NHS and may change their styles and sizes, meaning that some shoes may not fit as well as when we recommended them to you.

## Contact details

### **Orthotics Department**

#### **New Cross Hospital**

Wednesfield Road

Wolverhampton

WV10 0QP

Tel: 01902 694082

Opening times:

08:30 to 16:30 Monday to Friday

### **Orthotics Department**

#### **Cannock Hospital**

Brunswick Road

Cannock

WS11 5XY

Tel: 01543 576626 or 01543 576130

Opening times:

8:30am to 4:30pm Monday to Friday

Reception phones are answered between 9:00 am to 4:00pm

Email: [rwh-tr.orthoticservice@nhs.net](mailto:rwh-tr.orthoticservice@nhs.net)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。