

# Footwear Adaptations

Orthotics



## Introduction

This information leaflet is for patients who require adaptations to their footwear.

## What is a footwear adaptation?

The adaptations to your footwear have been prescribed to provide control and support to your feet and lower limbs and/or alter the way in which you walk.

## What is my entitlement?

- We will adapt three pairs of footwear in the first year and thereafter, two pairs per year. If you require more than this, there is an option to purchase them privately through the Orthotics department. Contact the Orthotics department to find out how to do this.

**Please note: If you do not use your entitlement it will not roll over into your next year's allowance.**

- Please ensure you are happy to have your shoe permanently modified, as we cannot reimburse you if you find the adaptation un-cosmetic. You will be required to sign a footwear adaptation consent form prior to any modifications.

## Can I get my footwear repaired by the hospital?

- The hospital can repair your shoes for you. However, shoes usually take a minimum of five working days to come back from repair. You will be contacted by letter when they are ready for you to collect. Please ensure your name is on any item left at the Orthotics department for repair.
- Please note the Orthotics department will only store your adapted footwear for a period of 8 weeks from the date of notifying you that your shoes are ready to collect.
- It is your responsibility to ensure that any repairs that are required are reported to the hospital.
- Please note, for health and safety reasons, footwear will only be accepted for repair if it is in a clean and dry condition.
- We will only repair the adapted part of the footwear. Regular repair maintains the effectiveness of the adaptations and prolongs the life of your footwear.

**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.

## How do I use my adapted footwear?

You should begin by using your adapted footwear for a short period; perhaps 1-2 hours, and removing them to check for signs of pressure or rubbing. Build up the use for an additional 1-2 hours each day until you are able to wear the footwear comfortably all day, and continue to check your skin.

You must contact the Orthotic department if you notice any of the following:

- Any changes in your foot or medical condition or if you feel that the footwear provides inadequate control you must let the Orthotics department know immediately
- Any pain or tingling within the footwear which was not there before you started wearing the modified footwear
- Any skin breakdown within the footwear

If you are unsure, remove the footwear and contact the orthotic department as soon as possible.

**The footwear should only be altered or modified by a qualified Orthotist.**

***If at any time you feel your footwear should be reviewed or is showing signs of needing repair / replacement please contact your orthotics department who will arrange a review appointment.***

## Contact details

**Orthotics Department**  
**Cannock Chase Hospital**  
(Level 2)  
Brunswick Road  
Cannock  
WS11 5XY

Tel: **01543 576626**

Opening times:  
08:30 to 16:30 Monday to Friday

**Orthotics Department**  
**New Cross Hospital**  
Wednesfield Road  
Wolverhampton  
WV10 0QP

Tel: **01902 694082**

Opening times:  
08:30 to 16:30 Monday to Friday

## If you have any concerns:

Please contact the Orthotics Manager, Dr N Eddison on 01902 694082 or via e-mail:n.eddison@nhs.net or contact the Patient Advice and Liaison Service (PALS) on 01902 695362.

## 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 ਅਸਾਨ 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。