

Paediatric Stability Footwear

Orthotics



Your child has been prescribed with footwear to support their feet and help them to stand or walk.

Why is footwear prescribed?

Footwear may be prescribed for your child for a variety of reasons. However, it will normally be prescribed to increase stability or to reduce tiptoeing.

Insoles may be given to go inside the footwear, to support the foot position. In order to accommodate this, you will need to take the existing inlay out of the footwear.

How many pairs of footwear will I get?

You will be prescribed one pair of footwear, which will be replaced as needed, as they wear out or your child grows. The style you choose will need to be appropriate for both home and school.

How long will my child have to wear stability footwear for?

At each review appointment, your orthotist will assess to see whether stability footwear is still required. Some children may only need one issue, whilst others may need to wear stability boots for a longer period of time.

How to check the size of footwear?

Take the insole out of the footwear and check this against your child's foot. If there is less than 1cm from the child's biggest toe and the end of the insole, please contact the Orthotics department for a review.

Do I need to check my child's feet?

You should do the following on a daily basis:

Inspect all aspects of your child's foot for red marks, abrasions, bruising or wounds.

If your child is experiencing discomfort or the skin is markedly red or broken, please contact the Orthotics department immediately for advice.

Always check the footwear for stones or debris before putting them on.

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.

Do I need to build up tolerance to the child's footwear?

To build up the use of your child's footwear, follow the advice in the table below. You may be advised to wear the footwear full time, or only for certain tasks, please follow the advice of the Orthotist.

Date	Length of time footwear should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

When will your child's footwear be reviewed?

Your child will normally be reviewed every six months. However if you have any concerns or feel that your child has outgrown their footwear, please contact the Orthotics department for review.

Contact details

Orthotics department
Cannock Chase Hospital
(Level 2)
Brunswick Road
Cannock
WS11 5XY
Tel: **01543 576626**
Opening times:
08:30 to 16:30 Mon to Fri

Orthotics department
New Cross Hospital
Wednesfield Road
Wolverhampton
WV10 0QP
Tel: **01902 694082**
Opening times:
08:30 to 16:30 Mon to Fri

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 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。