

## Contact Details

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## Department of Orthotics



Your Orthotist is.....

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## Footwear Information Leaflet for Patients

Orthotics Foot Care Information Version 3.0

## Footcare Advice

Your new bespoke footwear has been made to accommodate the shape of your foot and often includes a supportive insole as well. It might take a few weeks for your feet to adjust and feel comfortable in the footwear. During this time you should only wear your footwear for short periods, perhaps only one hour, letting your feet rest especially if they ache.

If you feel any prolonged discomfort, rubbing or chaffing, you should contact the orthotic department and arrange a review appointment.

You will be issued with one pair initially. A second pair will be made after you have tried the first pair and both yourself and your Orthotist are satisfied with the fit and comfort. Thereafter the footwear will only be replaced if deemed necessary on consultation by your Orthotist. In exceptional circumstances, for example if safety shoes are required for work, then a third pair may be supplied.

## Footwear Advice

It is your responsibility to make sure that your footwear is properly maintained.

- Keep the footwear clean and polished.
- Allow wet shoes to dry naturally, away from direct heat. You may also want to pack them with newspaper to keep their shape.
- When the heels or soles become worn, take them to a good shoe repairer to have them repaired.
- If the shoe repairer is unable to repair them then you can bring them to the Orthotics Department for repair. Attach clearly your name and address, we will notify you when they are ready for collection (normally 2 weeks).
- It is important that the shoes are repaired before the leather upper is damaged, if the upper becomes damaged then please arrange a review appointment with your Orthotist.
- It is important that your shoes are kept in good working order.

## Adaptions to your own footwear

Footwear will only be accepted if in good condition and state of repair. Be aware that some types of footwear are not suitable for certain adaptions, this will be assessed before any alterations are made.

Initially you will have one shoe/pair of shoes adapted for a trial. If the adaption proves to be satisfactory to both you and your Orthotist, then a further two pairs can be adapted within the first 12 months. Thereafter you can have three pairs of footwear adapted per year.

Footwear should be handed in to reception or posted to the address on this leaflet with your name and address clearly attached. We will notify you when they are ready for collection (normally 2 weeks). The Orthotic department will not accept responsibility for maintenance of those parts of the footwear that have not been adapted, or for any fellow shoes.