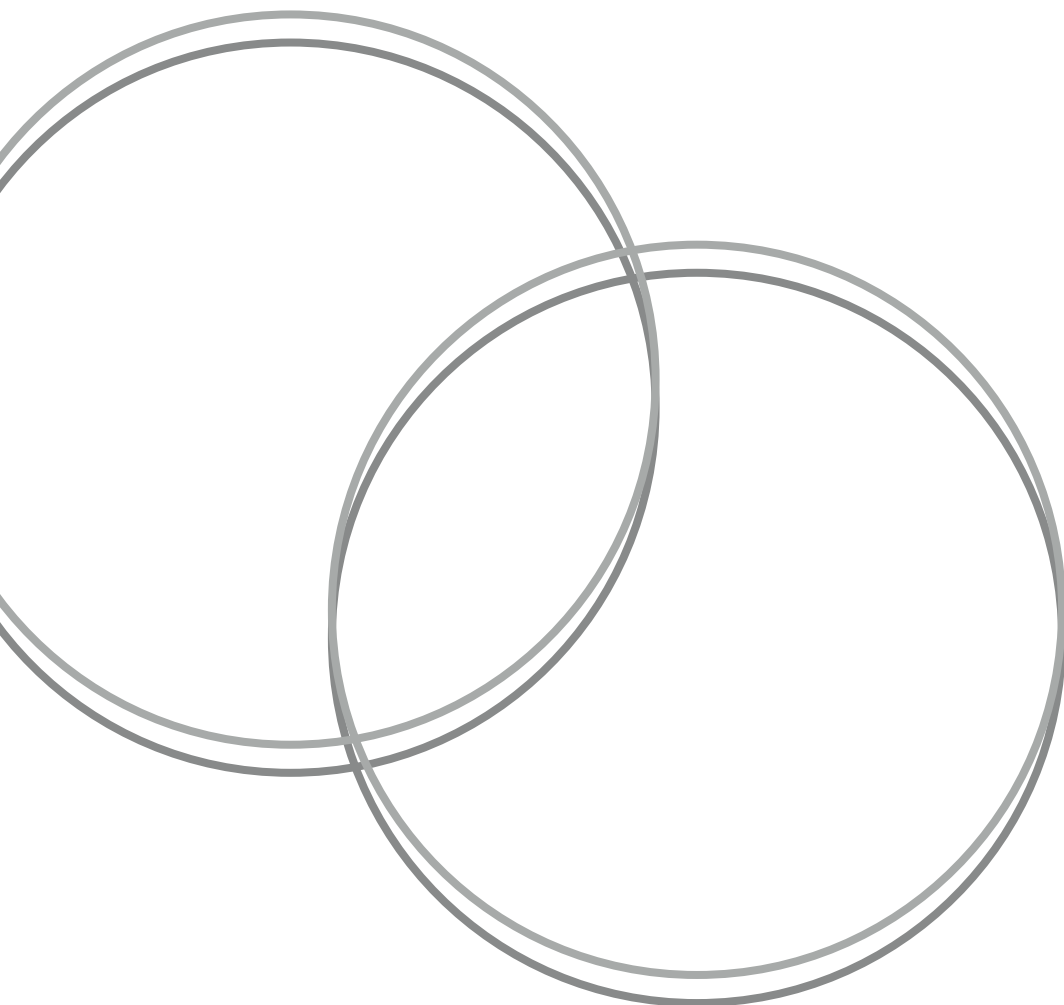


# Orthopaedic footwear

**Information for patients**



## **Orthopaedic footwear**

Your new orthopaedic footwear has been made to accommodate the shape of your foot or to improve ankle stability. The footwear may also come with a supportive or cushioning insole.

## **Wearing your footwear**

It will 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 which is done by increasing wear time by 1 hour each day for about 2 weeks, or as advised by your orthotist.

If you feel prolonged discomfort, rubbing/chaffing or notice any red marks that do not disappear within 20 minutes, you should contact the Orthotics department and arrange a review appointment.

## **Footwear provision**

You will be issued with one pair initially. A second pair will be made once you have tried the first pair and both you and your Orthotist are satisfied with the fit and comfort. Thereafter, the footwear will only be replaced when the leather is worn and no longer supporting your feet sufficiently.

## Wear and care

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

- Keep the footwear clean and maintained.
- Allow wet shoes to dry naturally, away from direct heat.
- When the heels or soles become worn, take them to a cobbler to have them repaired.
- If the cobbler is unable to repair them then you can bring them to the Orthotics Department for repair. For this, bring them to the Tebbit Centre Reception and clearly attach: **Your name, date of birth, address and your clinician's name**. We will then notify you when they are ready to collect.
- It is important that the shoes are repaired before the leather is damaged, if the upper becomes damaged then please arrange a review appointment with your orthotist.

## Adaptations 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 types of adaptations, so you may be contacted regarding this.

Initially, you will have one shoe/pair of shoes adapted in order to trial. If the adaptation proves to be effective by both you and your Orthotist, then a further 2 pairs can be adapted within the first 12 months. Thereafter you can have 3 pairs of footwear adapted per year.

- Footwear that is to be adapted should be handed in to reception or posted to the Tebbit Centre and clearly attach: Your name, date of birth, address and your clinician's name. We will then notify you when they are ready to collect.

## Children's footwear

Orthopaedic footwear has most likely been provided to enhance stability at your child's ankles. The wear and care advice for these is the same as it is for adult footwear (see above). They are only provided with one pair of footwear and they are only replaced when the footwear is completely worn through or when the footwear is outgrown – your orthotist can advise regarding this. When this is the case, please contact the Orthotics department to organise a review appointment.

Your Orthotist is .....

## Contact details

### Orthotics Department

Tebbit Centre  
Nuffield Orthopaedic Centre  
Windmill Road  
Oxford  
OX3 7HE

Call us using the following telephone numbers:

**01865 227 570**

**01865 227 575**

**01865 227 707**

**01865 227 760**

**01865 227 604**

Telephones will be answered from 8.30am to 3.00pm.

E-mail: [orthotics.department@ouh.nhs.uk](mailto:orthotics.department@ouh.nhs.uk)

Website: [www.ouh.nhs.uk/orthotics](http://www.ouh.nhs.uk/orthotics)

# Notes

# Notes



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

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