



## Footwear and Adapted Footwear

### Footwear and adapted footwear

Your consultant/doctor or health professional has referred you for a footwear assessment. You have been assessed by the orthotist. The orthotist will design the appropriate footwear, or adapt your existing footwear, to meet your specific needs and requirements.

The reasons that footwear or adapted footwear is used are numerous. They can be supplied to accommodate foot/ feet, provide support, reduce pressure or correct foot function. These can be linked to changes in your foot shape and function, lifelong conditions or trauma. They may well be supplied and used in conjunction with custom-made in-shoe orthoses or insoles, thermoplastic splints or metal callipers.

### The types of footwear we supply are:

#### Adapted footwear

The Trust will arrange for your footwear to be adapted to meet your needs by a NHS-approved contractor. Adapted footwear is used, where the foot presentation is good and you can wear your own footwear. An example with being correct leg length discrepancy following surgery or trauma. This would typically involve building the shoe up so the patient is able to mobilise and walk safely.

The orthotist will discuss with you the types of suitable footwear. The department will normally adapt 2 pairs of shoes for you each year, at no cost to you.

#### Footwear

There is a wide range of footwear which can be made to a prescription to suit your needs. This type of footwear is normally offered in a wide range of styles, materials and colours, and can accommodate in-shoe orthotics. You may be asked to attend a 'fitting or interim' appointment to try the footwear on at the fitting stage, before completion.

After initial supply and a short period of wear you will be invited to return to the department for a review appointment at this stage a second pair of shoes will be supplied. You are entitled to have 2 serviceable pairs of shoes.

#### Wearing-in period

Initially wear your new footwear for half an hour to an hour at a time, gradually increasing the wearing time over the next 7–10 days. Inspect your feet daily for any problems, even if the footwear feels comfortable – if you suffer from reduced sensation you may not be aware of any discomfort.

If you notice any of the following, please contact the department immediately:

- Redness that does not disappear 60 minutes following removal of footwear
- New swelling or pain that is not normally present
- Any skin breakdown
- Any other new problem with your feet

At first you may experience some slight discomfort from your footwear, until your body becomes accustomed to the new support. If any discomfort has not gone away after 3–4 weeks, please contact the department.

## Day-to-day wear

To protect your footwear, clean your footwear frequently using a good quality shoe polish.

The moisture taken up by the leather during the day needs to evaporate so please allow your shoes to air overnight. If you have been supplied with 2 pairs, it is best to wear them on alternate days. If your shoes get wet **DO NOT** dry them near direct heat e.g. an open fire. Instead, pack them with paper and allow to dry naturally.

## Repairs

Your footwear or adaptations will be repaired for you at no cost to you. Please have your footwear brought (you do not need to attend in person) to the department at any time between 13:00–16:00, Monday–Friday. You will be notified when they are ready for collection. They can be collected from the department at any time between 13:00–16:00, Monday–Friday.

## What happens if I have a problem?

If you have a problem with your footwear, please contact:

### Orthotics Department

Outpatients Area 1  
Queen Elizabeth Hospital Birmingham  
(QEHB)  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW  
Telephone: 0121 371 6415/6

Your Orthotist is: \_\_\_\_\_

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