

Guide to choosing footwear for orthotic insoles

Why good shoes matter

Orthotic insoles support your child's feet and posture — but only if the shoes fit correctly.

Choosing the right shoes

- Removable insoles – make space for orthotics.
- Firm heel support helps keep the foot in place.
- Extra depth around the toes – helps prevent rubbing
- Adjustable fastening (laces/Velcro) – keeps snug fit and easier to adjust for allowance within the shoe.
- Supportive sole – firm through the middle of the shoe and flexible at the ball of the foot

Shoes to avoid

- Slip-ons / ballet flats
- No sandals, flip flops or Crocs-style shoes
- Overly tight shoes
- Soft, floppy shoes

Children's footwear tips

- Check the fit every 2–3 months because children's feet grow quickly.
- Always try shoes with the orthotics inside.

School, sports and seasonal shoes

- School shoes – sturdy with removable insoles
- Trainers – supportive rather than fashion slip-ons
- Boots – firm with good depth and a removable insole

Quick parent checklist

- ☐ Removable insole
- ☐ Enough depth and width
- ☐ Firm heel support
- ☐ Adjustable fastening
- ☐ Child comfortable walking

Remember!

The right footwear helps orthotics do their job.

Accessibility

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