

How to choose footwear for adaptation



Information for patients
Orthotics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



What is a shoe adaptation?

A shoe adaptation is something which is done to the outside of a shoe, for example:

- A raise for a short leg
- A wedge or flare to alter your foot position when walking
- A socket for a calliper

The sole and heel unit of your shoe may need to be taken off for the adaptation to be done. You will need to bring suitable footwear for this.

What sort of shoes can be adapted?

- Footwear with rubber soles and heels glued to the upper
- Footwear with leather soles and leather or rubber heels

Are there any shoes that cannot be adapted?

- Trainers with air cells
- Footwear with hollow or moulded sole units
- Footwear with soles that extend up the sides of the upper
- Footwear with soles other than leather stitched to the upper

If you are buying new footwear to be adapted, ask the shop if you can return them if they are not suitable.

Bring them to the department and we will tell you if they can be adapted.

What else should I consider when choosing footwear for adaptation?

- Your footwear needs to be comfortable with a good secure fit, especially at the heel.
- Ideally your footwear should fasten with laces. However, shoes with Velcro or buckle fastenings can also be used.

- Your footwear should have a broad low heel.
- Your footwear should be in a good state of repair.

Can adapted shoes be repaired?

Shoes with a flare or wedge will be soled and heeled by the department so that the correct adaptations are maintained.

How do I get my adapted shoes repaired?

- You can bring or send the shoes to the department for repairs to the adaptations. We do not repair the non-adapted shoe.
- We will contact you by telephone or letter when the repairs are ready to collect (usually 10 working days).
- Some cobblers are happy to do repairs to adapted footwear and if this is easier, you can take shoes directly to your local cobbler.

How many shoe raises will you do for me?

- We will raise one pair of shoes for you to begin with.
- If you only need the raise for a short time, we will only adapt one pair.
- If your condition is not likely to change once the first pair are right, we will raise two more pairs for you that year.
- We will then raise up to three pairs a year for you as long as you have a current prescription and you have a standard raise under 50 millimetres.
- For raises over 50 millimetres or where special materials need to be used, we will only adapt one pair a year, after the first three pairs in the first year.
- If you want more than the allowance, you can have these done privately by your local cobbler or we can supply you with the name of local firms, who will do the work for you.

How many other adaptations can I have done?

- This is usually the same as for raises (up to three per year) but it will depend on your needs.

Please note: Although every care is taken by the manufacturer to adapt your footwear carefully, sometimes slight damage does occur to the upper but this will not affect the function. The colour of the material used to make the adaptation is matched as closely as possible to the original sole unit colour, but please be aware that it may not be an exact match. If you have any particular concerns about the appearance, please discuss this with your orthotist before the work is undertaken. External sole and heel adaptations will not alter or affect the size of the footwear.

Tell us what you think

Our team is always interested in your comments on the items provided and the service you receive. Please feel free to phone or write to the manager, at the address below, if you wish to give us any feedback.

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Alternative formats can be available on request.

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