



A Patient's guide to

Orthotic Footwear

You have been prescribed specialist footwear to help with your foot condition. This guide is to make sure you obtain the very best use of the footwear and to ensure you know how to look after them.

Please gradually increase the time you wear the shoes each day. Wear the shoes indoors for short periods for a few days before venturing outside. It is best to go for a short walk first and examine your feet on return, before embarking on longer expeditions. Sometimes footwear is provided with a slightly looser fit than you may be used to, so please take a little time to get used to this new sensation.

In order to look after your feet it is very important to keep your shoes in good condition. Please make every effort to do the following:

- Keep your shoes clean. Always clean them before you take them for repair
- If your shoes become wet – fill them with newspaper and allow slow drying. Never place them on a radiator or any form of heat as this can damage the adhesives used in the shoe construction



- Regularly examine the soles and heel of the footwear for wear. Place the shoe on a flat surface and look to see if the heel is still flat. If there is excessive wear; take the shoes back to the Orthotics Department for inspection and repair. You do not need an appointment for this; staff at reception will be able to receive your shoes
- If the prescription footwear has been supplied with insoles remove these regularly, brush them down and examine them for signs of wear. If cracks start to appear in the insole return them immediately for repair. Please also read our Foot Orthosis information leaflet.

When returning shoes to the department please ensure they are clean and clearly mark them with you name, hospital number and a brief description of the requested repair/alteration.

RNOH Standard Provision Policy

We will endeavour to help you achieve the prescribed wearing plan by supplying you with two pairs of footwear. These will be repaired or replaced as needed in order to keep pace with degradation of the leatherwork.

The soles of your footwear may wear out more quickly than the leather uppers. If this occurs and it is reducing the effectiveness of your footwear, you are welcome to drop them off at the orthotics department for resoling. This can be done without a clinical consultation.

Please remember to attend your appointments with both pairs of current footwear. This will allow your Orthotist to inspect the footwear and decide whether or not new footwear is necessary.

Please routinely observe the following advice and precautions:

Do

- Take a moment to inspect the orthosis before each use – check for sharp edges, loose components or foreign objects on/inside the shoes which could injure you
- Inspect the skin visually before and after every use, using a mirror if necessary. If you have problems carrying this out due to poor eyesight or mobility ask someone to help you
- Wear socks with your shoes and insoles
- Observe good skin care and hygiene measures.

Do not

- Pad your shoes out yourself as this may actually increase pressure problems
- Heat, glue, bend or otherwise attempt alteration or repairs
- Use strong solvents to clean the orthosis
- Use a heat source to dry the orthosis e.g. radiator or hair dryer as this could damage the device
- Artificially try to harden your skin e.g. by applying alcohol to the skin.

Supported Discharge

Once you have received the prescribed insoles and we have reviewed your progress we will likely place you on “Supported Discharge”. In brief, this is when we will continue to refurbish your insoles but you will require a new referral to be seen by an Orthotist. Please ask for further information on this process or use the QR code below to access the online document.



Contact

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If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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