



Royal National  
Orthopaedic Hospital  
NHS Trust

Adaptations  
to your own  
**FOOTWEAR**



**The NHS adapts footwear specifically for your clinical needs. This guide is to advise on the process of having shoes adapted and to give information on suitable styles.**

We alter footwear with a range of adaptations in order to accommodate for leg length differences, increase stability and improve patients' walking patterns. These include:

- Raises
- Rocker soles
- Flares
- Wedges

We endeavour to adapt a variety of footwear styles however some styles are unsuitable and your safety is paramount.

Footwear to be adapted needs to follow these guidelines:

- Shoes must have a secure fastening of laces or a Velcro strap
- The footwear must have a solid heel and sole unit (ideally the sole will be split so the adaptation is more cosmetic)
- Trainers with air bubbles in the heels are unsuitable
- They must have a maximum heel height of 3cm with no taper to the heel so the shoe provides good stability
- The heel of the sole must be as wide as the heel of the shoe
- The shoe should be enclosed around your heel
- If the sole and heel to be adapted is in black or brown the adaptation tends to be less noticeable
- If the footwear to be adapted has exaggerated shaping or has multiple colours in the sole and heel, the footwear will be more difficult to adapt and this may create a less cosmetic finish

## SUITABLE FOOTWEAR STYLES



## UNSUITABLE FOOTWEAR STYLES



The entitlement for shoe adaptations is 2 pairs per year (running from April to April). After the initial assessment shoes can be posted in or dropped off for adaptations provided the patient and orthotist are satisfied that the adaptations are correct. When supplying shoes for adaptations please ensure:

- They are in good repair with no excessive wear to heels or soles
- They are clean
- Shoes adhere to the guidelines above for suitability
- Shoes are marked clearly with name and hospital number and a brief description of the requested adaptation (specific details will be taken from your notes).

Certain factors may affect your shoe adaptation requirement including surgeries (e.g. hip replacements), injuries such as broken bones and degenerative changes. We would strongly recommend that your requirement is reviewed at least once every 5 years (every year for children) by your specialist or if you feel the adaptation is incorrect or causing different pain or instability.

Most patients will have an ongoing need for shoes to be adapted. We will continue to raise shoes as per the yearly allowance. However, if you require a re-assessment you will need to be re-referred to the department.

## Contact

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18-37 © RNOH

Date of publication: March 2018  
Date of next review: March 2020  
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