

# Footwear

This leaflet explains more about footwear. If you have any further questions, please speak to the Orthotist caring for you.

## Why is footwear important?

Your shoes are very important when you are using orthotic devices (braces or supports). The right shoes help your orthotics work better and keep your feet comfortable.

Footwear is also important to make sure they fit your foot appropriately without causing pressure and rubbing. They help to keep you balanced and make sure the foot is well supported when both sitting and walking.

## What to look for in footwear:

- Shoes with **removable inlays** give extra space for your orthotic device.
- Choose shoes with **fastenings** like laces, Velcro, zips, or Boa systems.
- Shoes should open wide and low to make it easier to put your foot and orthotic inside.
- Look for shoes with **firm heel support** so the shoe slides on easily over your orthotic. If the shoe back is soft, you may need a shoehorn.
- The sole of the shoe should be **stiff** and not bend easily.
- Shoes with a **10mm pitch** (meaning the heel is slightly higher than the front) may be better than completely flat shoes.
- A **rocker bottom sole** can help walking. This means the toe of the shoe curves up slightly, so it doesn't touch the ground when the shoe is flat.



## What to avoid:

- Slip-on shoes
- Sandals
- Very soft shoes
- Ballet pumps
- Trainers with air bubbles (especially if you need shoe modifications)

## Finding the right fit:

Orthotics take up space inside your shoe, so you might need to buy shoes that are **half a size or one size bigger** than usual.

It's not just the length of the shoe that matters, but the style and shape are important too, to fit well with your orthotic.

### **Width size guideline:**

1E: Wide

EE: Extra wide

4E: Extra wide and extra deep

6E: Extra wide plus and extra deep plus

### **Shoe companies:**

(This is not an exhaustive list:)

- DB shoes [www.dbshoes.co.uk](http://www.dbshoes.co.uk)
- Cosy feet [www.cosyfeet.com](http://www.cosyfeet.com)
- Friendly shoes [www.friendlyshoes.co.uk](http://www.friendlyshoes.co.uk)
- Fitville [www.thefitville.co.uk](http://www.thefitville.co.uk)
- New Balance trainers [www.newbalance.co.uk](http://www.newbalance.co.uk)

## Contact us:

If you have any questions or concerns about orthotics, please contact admin on 020 8487 6056/6033 (Monday to Friday, 8:30am to 5pm). Out of hours, please email: [orthotics.qmh@stgeorges.nhs.uk](mailto:orthotics.qmh@stgeorges.nhs.uk)

## Additional services

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



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