



head to foot orthotics

Footwear



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

Footwear Suitable for Orthotics and Orthopaedic Alteration

Fit

The shoe must fit well, allowing room for toes in length and width. On standing, there should be approximately one centimetre between the big toe and the end of the shoe. There should not be any gap at the heel if the tongue is secure. Removable insoles are helpful if the fitting of orthotics is required.

Fastening

The shoe should fasten well over the instep. Lace, buckle or Velcro closures are recommended as they hold on well and are adjustable.

Heel

The heel-upper should be firm (and high if orthoses are to be worn) to assist the control of unwanted movements of the foot/ankle.

Heel height

The heel-sole should not be too high, narrow or tapered. A low broad heel provides stability for the ankle and a large area for build up, if needed. A heel that is too high will put too much pressure through the ball of the feet.

Sole

The sole of the shoe is important when raises, wedges or other modifications are to be done. Footwear with structures that extend from the upper down into the sole should be avoided.

A simple sole in one block colour is recommended. EVA (foam) based soles are preferable if modifications are required.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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Quality
ISO 9001