

INFORMATION FOR PATIENTS

Footwear for adaptation

This leaflet is intended as further help to patients who require their own footwear to be adapted. This may be a raise, wedge, socket for a caliper, or some other orthotic input.

The footwear needs to fit well, be comfortable and be secure on the foot. They should fasten securely, by means of laces, velcro straps or a buckle and should have a wide, low heel.

The shoes or boots should be in a state of good repair.

Look for:

- If the footwear requires adapting to use with a caliper, the heel should be solid. Heels that are hollow cannot always be adapted.
- If the footwear is to be raised, the adaptation will look better if the sole and heel are black or brown.

Avoid:

- If a raise is to be added, avoid footwear with exaggerated shaping or variable colours in the sole and heel unit. These are difficult to adapt and the finished adaptation will be much more noticeable.
- Trainers with 'air' cells or flashing lights in the heels.
- Footwear with hollow moulded sole units, particularly if a socket is to be added for a caliper.
- Footwear with soles that extend up the sides of the upper.
- Very flexible soles.

If you are purchasing new footwear to be adapted, it is worth discussing this with the shop and making sure that the shoes can be returned if they are found to be unsuitable for adaptation.

It may be necessary for the Orthotics Department to send the shoes away in order to ascertain whether or not they are suitable for adaptation.

Eligibility

Three adaptations can be made in the first year of referral. Following this, one adaptation can be requested annually. If you wish to have more shoes adapted, you may do so by paying the supplier. Please contact the department for a quote and advice.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

Repairs

If necessary, you are able to have your adapted footwear re-soled by a local shoe repair company.

If there is a problem with the adaptation then you must bring the shoes in to the Orthotics Department to be repaired.

The Orthotics Department requires you to clean your footwear before bringing them in for repair/adaptation. If footwear is received in an unreasonable state they may be refused.

Please contact the Orthotics Department if you have any problems.

Contact details

Orthotics Department
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton in Ashfield
Notts
NG17 4JL

Clinics are held at:

- Clinic 2, Kings Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202301-05-FFA
Created: July 2017 / Revised: January 2023 / Review
Date: January 2025