

Footwear



Information for Patients Community & Therapies – Orthotic Dept.



Who is this leaflet for?

This leaflet is provided for patients who have been referred into the service for footwear. All referrals are clinically triaged and if not appropriate, the referral will be rejected and the referrer notified. For those referrals that are accepted, it is the clinician's decision as to whether footwear is provided. Sometimes patients may be given advice or something other than footwear i.e. an ankle support or insoles.

We do not provide footwear for lymphedema but are happy to provide advice.

How long will it take for me to receive my footwear?

The provision of footwear is not an exact science and whilst we endeavor to provide footwear that will accommodate and improve symptoms such as pain and discomfort as well as improve mobility; in some cases this may not be possible due to the nature and severity of the problems.

You will be assessed for any footwear by a professionally qualified and registered Orthotist, or competent Orthotics Technician. This appointment may take up to an hour depending on the nature of the problems and whether a cast needs to be taken of your feet. Once all the measurements are taken, these with other instructions and specifications are sent to an appropriate supplier who will either manufacture your footwear or provide an 'off the shelf' style.

This process can take 6-8 weeks for the first fitting and the footwear will come 'unfinished' to allow the clinician to have a look at the footwear on your feet and make any adjustments before completion. Depending on the number and type of alterations, there may be several fitting appointments before the footwear is sent for final completion and it could be a number of months before you have your last fitting appointment.

How long should I wear my footwear and why?

All footwear should be worn-in gradually; building up until it can be worn all day.

Each time you wear your footwear you should check your feet for:-

- Blisters
- Swelling
- Warmth/Redness
- Cuts or abrasions

If you find any of the above problems you should stop wearing your footwear immediately and contact your Orthotics Department (the telephone number is provided at the end of this leaflet). Do not attempt to alter your footwear yourself.

If you have diabetic or neuropathic feet then please ensure you follow the advice given in this leaflet as failure to do so may lead to undue pressure problems.

Issuing Instructions:

The Clinician will:

- Ensure that the footwear is a good fit
- Check the length, width and depth in both weight bearing and non-weight bearing where possible
- Check your gait pattern where possible
- Check inlays (if supplied)
- Check seams
- Check adaptations (if present)
- Ensure the footwear provides adequate support
- Check for excessive pressure, especially over bony prominences and the arch
- Check fastening systems, ensuring any laces or straps are positioned correctly and are comfortable

Also, the Clinician will advise you on:

- Function of the footwear
- Putting on and taking off your footwear
- Wearing schedule
- Usage times
- Potential problems
- Review procedure
- How to contact the department in the event of a problem

We will provide up to 2 pairs of shoes for adults and 1 pair of shoes for children (due to childrens' feet growing)

Contact Telephone Numbers

Orthotics Department

Scunthorpe and Goole Hospitals – 03033 302224

Diana, Princess of Wales Hospital Grimsby – 03033 304587

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net.

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As a Trust we value equality of access to our information and services, therefore alternative formats available on request. Please email nlg-tr.PALS@nhs.net.