

If you wish to have more shoes adapted above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.

### **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.

Repair times vary; please ask for an estimated repair time if necessary. The Orthotics Department requires you to clean your footwear before bringing them in for repair/adaptation. If footwear is received in an unreasonable state, it may be refused.

Please make sure that any footwear dropped in or posted to department has your name, address and date of birth attached to them.

### **Contact us**

Orthotics Department  
South Block  
Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Tel: **0118 322 7552**

#### **Your Orthotist is:**

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To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

NHS Orthotic Managers Group, May 2023  
Next review due: May 2025



**Royal Berkshire**  
NHS Foundation Trust

## **Adapted footwear**

Information for patients

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Department of Orthotics

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**This leaflet gives advice 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.**

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## **Your adapted footwear**

The footwear to be adapted should:

- Fit well, be comfortable and be secure on the foot
- Fasten securely, by means of laces, Velcro straps or a buckle
- Have a wide, low heel
- 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 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.

## **Initial supply**

Always take time to get used to your footwear adaptation, breaking in gradually.

Once broken in and comfortable adapted footwear should be worn as much as possible to ensure support and comfort.

## **Eligibility**

You are entitled to three footwear adaptations per year. Once you have trialed your first adapted shoe(s) and are happy, you may wish to bring in another to be adapted.