

# Purchasing footwear for your child's Splints: a guide

Orthotics



***The prevention of infection is a major priority in all healthcare and everyone has a part to play.***

- ***Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.***
- ***If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.***
- ***Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.***



# Introduction

Your child has been prescribed with an Ankle Foot Orthosis (AFO) to help them walk. The next step in your child's treatment is finding the right pair of shoes.

Buying footwear to fit your child's new splints can be a difficult process. This guide is designed to assist you in finding the right footwear.

Every AFO is unique to the child has been made for. As such the shoes you buy need to suit the size and shape of your child's AFO. Your child's AFO may be bulky, have a built up heel, or be quite deep over your child's foot. These are necessary to give your child the best support.

## How do we find the perfect pair of shoes?

The purpose of this guide is to help you plan your shopping trip, know what to look for and know when you've found the right pair of shoes.

## Why does the NHS not provide my child with shoes for over their splint?

An AFO will provide support and control to your child's foot or ankle as they walk. As such, supportive footwear is not needed - all the control and support needed is coming from the splint.

Your child should be able to use any suitable high street shoes with their splint. This gives them the freedom to choose from a much wider range of footwear than the NHS can provide.

## Shopping - where and how to buy

When purchasing footwear always take the splint and try it out in a few pairs of shoes to get an idea of what will fit, and to ensure your child's foot fits comfortably without excess pressure. Do not feel you need to stick to expensive or big name brands, price doesn't always reflect the best fit.

If purchasing from shops that offer to measure your child's feet for shoes. Make sure the shop know that growing room has already been

added to your child's splint, they do not need to offer shoes any bigger than the actual size of the splint.

You may need to purchase a few pairs to find the right ones for you. As such, discuss returning unused pairs with the shop when buying; most shops will be happy to allow you try the shoes, and return if they don't fit well.

## Why can I not use my child's old stability footwear?

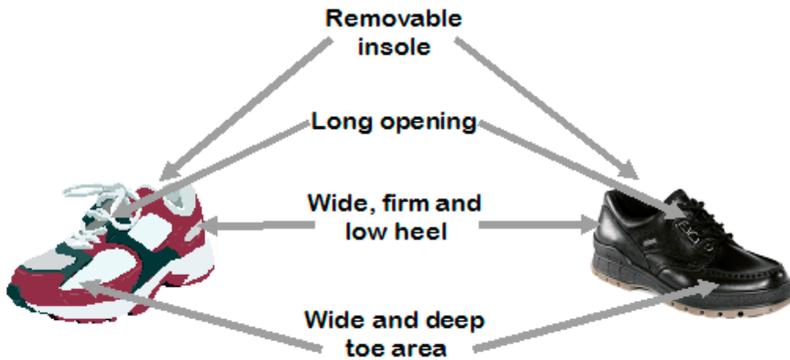
Your child's AFO is designed to provide support and stability by reducing movement at the ankle.

Stability boots are heavy and have a stiff sole, this can sometimes negatively impact on your child's walking ability when used with an AFO.

## So what makes a good pair of shoes for my child's splints?

Your child's new shoes need to be:

- Comfortable
- Shoes, not boots
- Enclosed - with a Velcro or lace fastening, to secure the shoe to the foot
- They need to have a good, solid sole that can be adapted if necessary - no air bubble.
- Accommodate the splint - look for wide and deep styles.
- Provide support / stability on the non-AFO side
- Trainers are generally the best option, as they are typically comfortable, shock absorbing, accommodative and supportive.



## What do I do if I can not find any shoes?

If you are struggling to find any shoes to fit, contact us to find out more about your options.

We may ask you about where and what you've tried, and give you some more advice on what to look for. Or we may call you in for a review to have another look at your child's splints.

Your child may be eligible for shoes on the NHS if your child's splints are:

- Quite bulky
- Unusually shaped
- with a particularly significant build up on the heel

Your Orthotist will be able to tell you whether or not you should be able to find shoes to fit.

## Any questions?

If you would like to ask anything about your child's AFO, want further advice on footwear, or want to give any feedback about the orthotics department, do not hesitate to contact us:

## Contact details

Orthotics Department  
New Cross Hospital  
Wednesfield Road  
Wolverhampton  
WV10 0QP

Tel: 01902 694082

Opening times:  
8:30am – 4:30pm Mon - Fri

Orthotics Department  
Cannock Hospital  
Brunswick Road  
Cannock, WS11 5XY

Tel: 01543 576626  
or 01543 576130

Opening times:  
8:30am – 4:30pm Mon - Fri



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。