

A guide to choosing footwear for orthoses



Opcare

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Depending on which orthotic device you use, you may need to purchase new shoes. For example: you may need to find a pair in a bigger size to accommodate an Ankle Foot Orthosis (AFO), or a wider pair to accommodate insoles. Use the following information to select the most appropriate footwear for you.

What type of shoes do I need to buy?

The best option is shoes with laces, as they allow you to loosen or tighten the shoe as required. Footwear with straps, Velcro® or buckles is also suitable, however these fastenings don't allow as much flexibility as laces.

Are there any shoes I can't wear with orthoses?

Slip-on shoes, sandals and high heels are not suitable for use with orthotic devices.

How should I choose my new shoes?

Take your orthosis with you when buying new shoes so that you can try them on together. Look for shoes which are deep and wide, and with laces the full length of the shoe (as far down to the toe as possible). If you find shoes with a removable insole, you can remove it to create extra space.

If you are unsure whether your shoes are appropriate, bring them along to your next appointment and your orthotist will be able to advise.

