

# Your guide to choosing shoes for adaptation



**Opcare**

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## What is a shoe adaptation and why do I need one?

A shoe adaptation is any change made to your shoes to give you extra support. For example, adding a raise to one shoe if you have one leg shorter than the other, changing the fastening on your shoes, or adding a wedge to re-position your foot in the shoe.

## What shoes can be adapted?

The best footwear to buy are those where the sole and heel units are made of obvious layers. These are the easiest to adapt, and they will look better and last longer.

Suitable footwear includes:

- Shoes with rubber soles and heels glued to the upper
- Shoes with leather soles and leather or rubber heels
- Some sandals; preferably with an instep strap or closed back

The shoes you choose need to fit securely and be comfortable. Lace fastenings are ideal, though other types can be accommodated. The footwear should have a low heel.



## What shoes cannot be adapted?

Shoes with exaggerated shaping or variable colours in the sole or the heel unit are difficult to adapt, and the finished adaption will be more noticeable.

Footwear with special sole and heel units such as air cushioning, gel cushioning, hollows or flashing lights should be avoided. You should also avoid shoes with soles extending up the sides of the upper (like Converse™) or with soles other than leather stitched to the upper (like Dr. Martens™).

Your orthotist will be able to advise whether your shoes are suitable for adaption or not.

## What if my adapted shoes wear out?

We can repair your shoes for you, just contact the Orthotic Department and arrange for a suitable time. We do not repair shoes without adaptations.



**Your notes:**