

The importance of maintaining your footwear

When it comes to the maintenance of your new orthopaedic footwear it is important that you take care to regularly assess them for signs of wear or abrasion. With every pair of shoes, it is essential that reviews and repairs are carried out regularly to keep you safe and mobile. Without due care, your shoes may become uncomfortable and may not provide the necessary support and protection that they were initially prescribed for.

With regular use, footwear will need maintenance, therefore it is important that you return your shoes to the orthotic department where they will be sent to the manufacturer to be expertly repaired. Repairs and adapts are free as part of your ongoing treatment. If your shoes are not brought in for regular maintenance you could be putting yourself at risk of falls or not maximising the clinical benefits that regularly-maintained specialist footwear is able to provide.

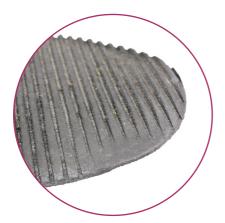
Alongside monitoring your shoes, it is important that you arrange to see your orthotist for regular review appointments in order to maintain the correct function, comfort and safety of your footwear. Your orthotist will advise on the frequency of your review appointments.

Regular maintenance

All footwear will show signs of abrasion, with the heels and soles of shoes being the two areas that are most commonly affected. These areas can be easily repaired by expert technicians and will enable you to maximise the wear of your specialist shoes.

Signs of abrasion

The below images show the point where your shoes should be brought to the orthotic department for repair. It is important to bring your shoes in for repair before they are worn out, failure to do so may mean that they are unable to be repaired. When bringing your shoes in, please ensure your shoes are clean and your name, address and date of birth are attached to the shoes.





For further information and advice please contact the hospital orthotic/appliance department.

