NHS Lothian

Footwear Adaptions

Information for patients

Orthotics Department

Aim of the leaflet

This leaflet is for patients, carers and families.
It details information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

Adaptions to your own footwear

Footwear adaptions are done for a number of reasons:

• Shoe raise for leg length discrepancy
• Flares, elongations, wedges or rocker soles to alter foot alignment or reduce pressure areas.

• Sockets and straps for calliper fitting. Hospital entitlement is three pairs of shoes only. Any further pairs will need to be financed by yourself.

If we are adapting your own footwear they need to incorporate a number of features to ensure a safe and secure adaptation:

• The shoe or boot needs a solid sole unit.

i.e. no air sole trainers.

• The simpler, more unshaped the sole unit the easier it is to adapt and it will look neater.

• The shoe needs to be a good fit, preferably with a Velcro or lace fastening; otherwise the added weight of the adaption may cause the shoe to slip off.

• Heel height of 1-2.5cm (1/2''-1'') maximum and a sole unit at least 0.5cm thick.

• If we are adding a calliper socket the shoe will need a heel unit which is at least 12mm thick to secure the socket in.



The footwear can be brought or sent into the orthotics department at the SMART Centre, Astley Ainslie Hospital , between 9am to 4pm with your name and address on.
Your shoes will take approximately three weeks to be modified.
We will inform you when they are ready for collection.
It is your responsibility to ensure these shoes are repaired as necessary.
Your orthotist will inform you if we can repair your shoes.
If you require an appointment with your orthotic department and have been seen in the past 2 years, you can contact them direct without a GP referral.

If you experience any problems with your adapted footwear please contact the department.

For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call 0131 536 9434.

Orthotist Name:

The contact details for our departments are:

The Orthotics Department
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