

Footwear Suitable for Adaptations

Introduction

This leaflet provides guidance on selecting suitable footwear for adaptations and outlines what to expect during the process.

The Orthotics Department carries out footwear adaptations to meet individual clinical needs.

Patients who require their footwear to be adapted can have up to **3 shoes** adapted per calendar year.

It may take up to **3-4 weeks** for the adaptations to be completed.

Why footwear adaptations are used

Footwear adaptations are made to improve comfort, stability, and walking pattern. Common adaptations include raises, flares and wedges.

We aim to adapt a wide range of footwear styles wherever possible. However, not all footwear is suitable for adaption. Your safety and mobility are always our priority.

Choosing suitable footwear

To ensure your footwear can be safely and effectively adapted, please follow the guidance below:

- **Fastening:** Footwear should have a **secure fastening**, such as laces or a Velcro strap.
 - **Sole and heel:** Shoes should have a **firm sole and heel unit**. Moulded sole units can normally be adapted.
 - **Avoid unsuitable soles:** Trainers or shoes with **air bubbles** or **gel inserts** in the heel are not suitable for adaptation. Thin soles are also not suitable for adaption
 - **Heel height:** The heel should be **no higher than 3 cm**.
 - **Heel width:** The base of the heel should be **as wide as the shoe itself**.
 - **Heel enclosure:** The shoe should be **fully enclosed around the heel** to ensure a secure fit.
 - **Colour and style:** Adaptations are generally less noticeable on shoes with **black, brown or white soles**.
 - **Complex designs:** Shoes **multiple colours in the sole** may be more difficult to adapt and could result in a less cosmetic finish.
 - Footwear should not be excessively worn.
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Examples of suitable shoes



Trainer with moulded sole – tread not too deep



Trainer with moulded sole – tread not too deep



Boots with Sole and heel unit



Hiking boot



Shoe with moulded sole



Sandal with straps around heel and mid foot

Examples of unsuitable footwear



Shoe too open in design and too flat



Sole has air pockets



Heel is tapered and too high



Sole too thin



Sole has air pocket and sole colour difficult to match



Sandal has no secure fastening

Contact information

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