

Replacing your footwear

Once a pair of shoes have been assessed as beyond economical repair by the orthotist a replacement pair can be provided. This may require an appointment.

Please contact the Orthotics Department if you have concerns, for example:

- You develop an area of pressure or soreness
- If you notice a change in your foot shape
- If you can no longer wear your shoes comfortably or are difficult to get them on

Contact us

Orthotics Department
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Royal Berkshire NHS Foundation Trust
London Road
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Tel: 0118 322 7552

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Your Orthotist is:

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All our publications can be made available in different languages or formats

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Royal Berkshire
NHS Foundation Trust

Department of Orthotics
Prescribed footwear
Information for patients

You have been prescribed footwear specific to your needs which may include accommodating, protecting and supporting your feet. They often include supportive insoles.



When should I wear it?

You should gradually wear in your footwear by using for short periods, perhaps an hour, and preferably indoors at first.

Ensure socks are worn with your shoes and observe good skin care and foot health hygiene.

Once comfortable you should use them as much as possible to ensure support and protection for your feet.

If you feel any prolonged discomfort or rubbing you should contact the orthotics department to arrange a review.

Care of your feet and footwear

Inspect your feet regularly for any rubbing or markings. This is very important if you are diabetic or have reduced sensation.

It is your responsibility to make sure your footwear is properly maintained. Keep your shoes clean and regularly use polish or protective sprays for materials such as nubuck.

Inspect your footwear on the inside for any loose items such as grit, stones etc by regularly removing the insoles.

Allow wet shoes to dry naturally away from direct heat. Packing them with newspaper will help to keep their shape.

When the soles or heels become worn bring them into the Orthotics Department to be sent away for repair. It is important that your shoes are repaired before the uppers are damaged to prolong the life of the shoes.

Please ensure they are clean before bringing them in as dirty footwear will not be accepted.

The footwear can be handed to our reception. Please ensure they are correctly labelled with name and address; we will notify you when they are ready.

What happens next?

Once we are agreed that your footwear is appropriate and successful for you a second pair can be provided. This will allow you to wear one pair while the other is being repaired.

If you require additional pairs outside of your NHS allowance, these can be purchased. Please contact the department for a quote and advice.