

Children's physiotherapy service

Information leaflet on advice and care of children's footwear

General advice

Your child has been correctly measured and supplied with footwear designed to correct a specific problem. Your therapist/orthotist will tell you how the footwear is to be used.

When to wear?

New footwear can be a little uncomfortable at first. To reduce discomfort they should be worn in gradually, and the feet checked for signs of pressure or redness. Your child should build up their use daily until they are wearing them all day.

Shoes should be fastened firmly.

Care and cleaning

Check the footwear and your child's feet regularly for: -

- Skin soreness or very red marks
- If the shoes are becoming too small
- The soles or heels of the footwear showing signs of excessive wear.

Contact us on the telephone number supplied immediately if any of above occur, or if you have any other concerns about the footwear.

Never try to make any repairs or adjustments to the footwear. This could be dangerous.

Comfort may also be improved by: -

- Wearing socks with a high natural fibre content e.g. cotton.
- Seamless socks, or worn inside out
- Avoiding lacy socks
- Avoiding embossed patterns on socks
- Avoiding socks being too small
- Avoiding thick socks

To prolong the life of the footwear they should be cleaned regularly: -

- Leather footwear should be polished with a shoe polish or cream.
- Nubuck and suede shoes should be cleaned using brushes and special cleaners – available from most shoe shops and supermarkets.

Do not wash footwear in a washing machine.

Wet shoes should be allowed to dry thoroughly before wearing. Dry in a well ventilated area at room temperature. Do not place damp shoes on a radiator, near a fire, in a tumble dryer or in an airing cupboard to dry. Mud and heavy soiling should be removed with a damp cloth before the shoes are left to dry.

Do not allow your child to walk in seawater or streams with the footwear on.

School use

Many school policies dictate the type of shoes to be worn in school. If the footwear supplied does not meet the requirements, it is advisable to speak to the teacher or head teacher to explain your child's individual circumstances. If necessary your therapist will be able to discuss the situation with the school.

Specific advice (if appropriate)

Review of footwear

- ☐ Therapist will review and advise
- ☐ Parent/carer to contact number supplied to arrange an appointment

The orthotist who supplied you was

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The therapist who supplied you was

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Cost of orthosis and date issued

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If they are lost or wilfully damaged you may be charged for the replacement

If you have any concerns about the Footwear please contact:
Community Paediatric Physiotherapy
Community Business Unit
Bensham Hospital
Gateshead
NE8 4YL

Telephone Number: 0191 445 3124

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible. In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics. Further information is available via Gateshead Health NHS Foundation Trust website (<https://www.gegateshead.nhs.uk/fairprocessing>) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email ghnt.ig.team@nhs.net.

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**This leaflet can be made available in other languages and
formats upon request**