

Suitable footwear for adaptations

Information for patients

Your appointment is to assess you for a **leg length discrepancy**.

In addition to explaining what a leg length discrepancy is, this leaflet gives examples of the types of footwear adaptations can be made for. The information in this leaflet is to be used as a guide when buying footwear for adaptations.

If after reading this leaflet you have any further questions, please contact the Orthotic Department on 01227 86 42 54.

What is a leg length discrepancy?

A discrepancy is a condition where the lengths of the lower limbs (legs) are not equal. A discrepancy may occur as a result of:

- the shortening of one leg due to various clinical conditions, or
- surgery for a hip or knee replacement.

If left untreated this can result in low back pain.

What is an adaptation?

An adaptation is made for your own footwear to “balance” the discrepancy.

Suitable footwear for adaptations

All shoes must be of a reasonable quality and well made. To make some adaptations, the sole of your shoes will have to be taken to pieces and re-made, a poorly made shoe will not withstand this.

Having a shoe raise is assessed as being essential to clinical need.

The shoe to be adapted should be supportive around your heel, to make sure your ankle is stable and to avoid possible injury when walking on uneven surfaces and upstairs.



The following footwear is suitable for adaptations. Please see pictures below for examples.

- Lace/buckle or Velcro fastening (preferably return Velcro strap)
- Low broad heel
- Separate sole and heel or wedge style
- Solid heel
- Boots – these must have a supportive upper (not a floppy boot).



The following footwear is unsuitable for adaptations. Please see pictures below for examples.

- Slip on shoes
- Sandals
- Slippers
- Sling backs
- Court shoes
- Ballet pumps
- Wellington boots (these will be reviewed if you need them for work)
- Ugg boots
- Plimsoles
- Flip flops
- Beachwear
- Trainers with air bubbles/air cushion heels



Exceptions are made on clinical need only

Important information to remember when buying your footwear

Please explain to the retailer that the shoe is going to have adaptations made to it, they will be surprisingly helpful and it is more common than you realise. Please also check that the footwear can be returned should it be rejected by your orthotist.

The orthotist reserves the right to refuse any modification following inspection of the footwear and will give a full explanation if requested.

The information in this leaflet is to be used as a guide when buying footwear for adaptations.

When buying trainers (men/women) a basic Reebok classic style is recommended.

Please contact the Orthotic Department on 01227 86 42 54 if you have any questions.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation