

# CUSTOM ORTHOTICS OF LONDON INC.

## FINDING THE RIGHT SHOE

Custom Orthotics does carry some orthopaedic and diabetic footwear and would be happy to help you find the shoe to suit your needs.

### **WHAT TO LOOK FOR**

- Sufficient Width and a Deep Toe Box to accommodate the orthosis.
  - If the Orthosis requires extra wide shoes look for sizes labeled E, 2E, 3E, 4E.
- Look for shoes which have a removable insert to gain extra depth inside your shoe.
- Select a shoe that has a firm heel counter and does not compress when pushing on the heel.
- Avoid slip on shoes and shoes without movable tongues.

#### Potential Brands include:

- New Balance, Brooks, Saucony, Skateboarding Shoes
- Anodyne, Biotime, Aetrex, Apex



### TIPS FOR TRYING SHOES ON

- Try on a ½ or full size larger than your regular size to accommodate the orthotic device.
- Try shoes on towards the end of the day, this is because your feet swell throughout the course of the day.
- Walk around in the shoes to ensure shoes are comfortable.

### ADDITIONS & MODIFICATIONS

- Strap Extensions
  - Velcro extensions or rear pull extensions can be added to make donning and doffing easier
- Shoe Horns
  - Using a shoe horn can improve independent donning of shoes.
  - Shoe horns come in long and short varieties.