



## Socks & Shoes

Tips for choosing and using them

### 1. What to Look for

To ensure your child has the most support in his/her footwear, look for shoes with the following traits:



### 2. Trying on the Shoe

- Use a fairly aggressive push to get the brace down into the toe box.
- Try rocking the shoe heel back and forth, which will help it slide on more easily. This extra work means the shoe will be only slightly longer than normal.
- A shoe horn helps get the braced foot into the shoe.

**Several tips and tricks if you're looking for that "little bit of extra space" to fit the SMOs or AFOs in the shoes include:**

- Remove the insert at the bottom of the shoe to provide more space.
- shoes that lace or Velcro further down the foot allow for more depth to be created when loosened.
- Avoid shoes with uppers that are sewed or attached to the base of the footplate, as this eliminates flexibility and space in the shoe.
- Ehen putting the shoes on, start by slipping the toes in and twist the heel until the heel ofthe SmO or AFO slips in.
- If you're struggling to connect the Velcro strap, it can be attached underneath the tongue (instead of over the tongue.)



### 3. To Help the Fit

Consider slightly altering the shoe, especially in canvas shoes with a sewn, overlapped toe box.

- Try snipping a few threads that hold the toe box closed around the attached end of the tongue.
- Look at the shoe as you insert the brace and foot to see where the material stretches as it holds the brace. A minor cut at this point can provide more room.

### How Many Shoe Sizes Up Do I Need To Go?

#### SMOs

- Find the smallest shoes that can hold the brace. If the brace slides into the shoe easily, the shoe may be too large.
- For Surestep SMOs, you shouldn't need to go up more than half a shoe size. This is because of the unique footplates. So keep in mind that SMO braces will not add length to your child's foot, just width.

#### AFOs

- Feature full footplates, add both width and length.
- You'll likely need to go up one or one and a half shoe sizes to accommodate them.

### 4. Shopping

- You may want to shop without your child. Take the brace with you and try fitting it into the shoe. You can often buy shoes, take them home for a relaxed fitting session and return or exchange them if needed.

When starting your hunt, there are one of two avenues to choose from: regular shoes and shoes designed for orthotics. Obviously, that choice will impact where you can buy them, but here are recommendations for both:

#### Regular Shoes

As you'd expect, prices and styles vary wildly. The options listed below have been recommended by other parents. But remember, not all shoes from these brands are guaranteed to fit. A little trial and error will be needed. Look for shoes that are both wide and deep:

- New Balance (available in extra wide sizes)
- Converse, Vans & DC
- Skechers
- Tsukihoshi
- Plae
- Stride Rite
- BILLY
- Granimals
- Cat & Jack
- Saucony
- Nike Revolution FlyEase
- Under Armour Surge

## Shoes Designed For Orthotics

Although your options will be limited, with these shoes you'll have much more confidence knowing they're designed with your child's needs in mind:

- Hatchbacks
- Keeping Pace
- Ikiki ([ikiki.co](http://ikiki.co))
- Markell
- Surestep (check for available sizes)

## 5. Only One Brace?

If your child wears a brace on only one foot, you and your practitioner can discuss the following options:

- The brace will slightly increase the length (height) of the leg it's on. To maintain even leg height, put a molded insole into the unbraced foot's shoe.
- For a bulkier brace, you may need two differently-sized shoes - one for the unbraced foot and a larger size for the braced foot.
- For more room, consider altering the braced foot's toe box.

## Warranty Policy

The warranty period for custom orthoses is 90 days from the date of service for workmanship and materials. The warranty is void if the device has been adjusted, repaired, or altered by anyone other than an employee of Transcend Orthotics & Prosthetics, or if the device or any of its parts have been subjected to misuse, negligence, or accident. Non-custom, off-the-shelf items may come with a manufacturer's warranty.

Adjustments or minor repairs performed by the Transcend O&P practitioner within the warranty period will be made at no charge. There may be a charge for time and labor for repairs or replacements to orthotic devices provided after 90 days from the date of delivery. Our labor charge is \$100.00 per hour.

If there is a problem with the orthosis, it is in the patient's best interest to communicate with the Transcend O&P office or practitioner in a timely manner. This will allow the practitioner to resolve the problem as efficiently and as quickly as possible. Failure to contact the treating practitioner, or infrequent or non-use of the device may result in the patient's need to be re-evaluated for appropriateness and fit of the device. This situation does not absolve patient from responsibility for payment.