

## RECOMMENDED SUPPLIERS

### Athletes Foot: InStride Footwear

Shop 86A Chadstone Shopping Centre  
**9563 0844** (other Athletes foots stores may also hold this range)

### Comfort and Fit

329 Centre Road Bentleigh VIC  
**9557 7520**

### Essential Footwear

13 Rosella St Doncaster East VIC  
**9841 8247**

### Extra Depth Footwear

-1e Hamilton Street Mont Albert VIC  
**9899 7899**

-1e Staniland Grove Elsternwick VIC  
**9528 5774**

### Foot Choice Podiatry and Shoes

269 Barkly St, Footscray VIC  
**9687 2365**

### Foot Solutions

299 High Street Ashburton VIC  
**9885 0799**

### Gadean Footwear

88 Bell Street Heidelberg VIC  
**9458 2006**

### Geelong Orthotics

Unit 1, 142 Lt Ryrrie St, Geelong VIC  
**(03) 5224 2216**

Also attending Ballarat and Warrnambool for Footwear clinics  
[www.geelongfootwear.com.au](http://www.geelongfootwear.com.au)

### Gilmour's Comfort Shoes

1187 Glenhuntly Road Glenhuntly VIC  
**1800 819 936**

### Happy Feet Pedorthics

Unit 5 / 6, 134-136 Pascoe Vale Rd, Moonee Ponds, VIC  
**03 9326 0266**

Also attend Wagga Wagga, Wodonga & Wonthaggi

[www.happyfeetpedorthics.com.au](http://www.happyfeetpedorthics.com.au)

### New Balance Factory Outlet

(20% off for St Vincent's clients)  
428 Smith Street Collingwood VIC  
**9415 8006**

47 Wangara Rd Cheltenham VIC  
**9583 1255**

### Watt's Corner Shoe Store

264 Lygon Street Carlton VIC  
**9663 2805**

### Walk On Footwear

247 Queens Pde Nth Fitzroy VIC  
**9482 2300**

## CONTACT DETAILS

### Prosthetic and Orthotic Department

St. Vincent's Hospital Melbourne  
Bolte Wing  
14 Nicholson Street  
Fitzroy Victoria 3065  
Telephone: (03) 9231 3837

*Inspired  
by  
You*

# Footwear

Patient Information



**ST VINCENT'S  
HOSPITAL**  
MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's  
PO Box 2900 Fitzroy  
VIC 3065 Australia  
(03) 9231 2211  
[www.svhm.org.au](http://www.svhm.org.au)



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## WHAT FOOTWEAR SHOULD I WEAR WITH MY ORTHOSIS (BRACE)?

Footwear is important when wearing an orthosis. The shoe should be solid, preferably leather (sneakers are ok), with a high, firm heel counter and laces or Velcro

- You may need a bigger shoe to allow the orthosis to fit comfortably. Take your orthosis with you when you buy shoes and where possible remove the inside liner of the shoe to allow more room for the orthosis.
- Shoes should be fitted at the end of the day when feet are at their largest
- Shoes should be fitted while standing as the foot will spread when there is weight on it. There should be a thumb's width from the end of the longest toe to the end of the toe box
- It is important when choosing shoes that they should feel comfortable and fit well the first time they are put on
- If your feet do not fit into normal shoes, custom shoes can be made
- Footwear modifications may be necessary to aid the function of the orthosis

## THE PARTS OF A SHOE

### HEEL COUNTER:

The heel counter is the back area of the shoe that cups the heel. It holds the heel in position and controls excess motion. It is important that the **heel cup is stiff** to provide support and stability to the hind foot.

### HEEL HEIGHT:

The heel on a shoe should be no more than 1" (2.5cm) high. If it is more than this, excess pressure is put under the balls of the feet.

Therefore, a **broad, low heel is recommended.**

*Note: High heels cannot only lead to foot and ankle problems, but can also be a contributing factor to lower back pain.*

### VAMP:

The top of the shoe. The more it covers your foot the more secure the shoe is. As it helps to hold the foot securely in the shoe.

### TOE BOX:

The toe box is the stiff material covering the toe of the shoe. It creates space for the toes, giving the shoe shape and preventing the upper material from collapsing on the toes. It is important that there is both **adequate depth and width for the foot and toes** here, to avoid cramping of the toes and blisters or ulcers



### CLOSURE:

It is best to have either **laces or Velcro** as the fasteners, as they prevent the foot from moving within the shoe. Slip-on shoes are not suitable, as they rely on pressure around the balls of the feet and toes in order to stay on the foot.. Laces and an extended upper allow the shoe to suspend around the ankle and leave the forefoot free from pressure.