

## Prescription Footwear

You have been prescribed specialist footwear, it has been manufactured for your specific needs by your Orthotist

### Specialist footwear is used to:

- Accommodate, protect and support feet that are unable to be comfortably fitted into high street footwear.

### Entitlements

Adults - Are entitled to 2 pairs of footwear to allow for repairs. Once the footwear is beyond repair the shoes will be replaced. Please arrange a review appointment when you feel your footwear needs replacing.

Children – Are entitled to 1 pair at any one time. These will be replaced as the child grows out of them.

### Wearing-in period

You will need to take some time to get used to your footwear. This list suggests the length of time you should try and wear them each day.

Suggested wear times:

Day 1..... 30 minutes

Day 2..... 1 hour

Day 3..... 1-2 hours

Day 4..... 2 hours

Day 5..... 3 hours

Day 6+..... continue increasing hourly.

1-2 weeks..... you should be able to wear the footwear all day.

It is usual to have some mild red marking to the skin as you begin wearing your footwear. If marking persists 40 minutes after taking your footwear off, or you notice any worsening symptoms please stop wearing them and contact the orthotic department for a review.

### Maintenance

It is your responsibility to look after your footwear.

- Please keep the uppers clean using appropriate products.
- Should your footwear become wet please do not dry them using an artificial heat source but pack them with paper and allow them to dry naturally.
- Your footwear is prescribed for your use only; please do not allow others to wear them.

### Repairs

It is your responsibility to bring your footwear into the Orthotic department for repair as required.

We recommended that you regularly inspect the outer sole and insides of your footwear for any signs of damage.

Prescription footwear and repairs do not carry a prescription charge.

# Orthotic Department

## What happens if I have a problem?

If you require any further assistance, please contact:

Orthotic Department

**The Rotherham NHS Foundation Trust**

Moorgate Road

Rotherham

S60 2UD

Telephone : 01709 304385

Your Orthotist is:

