

## Monitoring skin

1. Skin should be checked before putting your child's footwear on.
2. Checked again after taking the footwear off.
3. Ensure no red marks last longer than 10 minutes.
4. Ensure no blisters or sores.
5. Ensure no irritation or rubbing.
6. Check the footwear size regularly. This can be done by removing the insole from the boot and placing the child's foot on the insole. If the toes are close to the edge contact for a review appointment.

If any of the above issues occur, please phone for a review appointment and stop wearing the boots.

## Care of footwear

- Keep clean using polish or nubuck brush
- When wet, dry naturally and not on direct heat.
- You can put paper in them, if they are very wet inside
- Replace laces if required
- Brush fluff out of Velcro straps.
- Feel inside to make sure lining has not been damaged.

## Contact us

If you require any further information, or your child is unable to attend an appointment, please telephone the Orthotics Department in Stirling Community Hospital.

Please do not hesitate to contact the Orthotics office and speak to either Deborah, Agnes or Catherine.

Office hours Monday - Friday  
8.30am - 4.30 pm

Telephone number  
**01786 434062** Press 1

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## Orthotics Department



## Advice following the supply of supportive footwear for your child



## Advice for parents and carers

Your Orthotist is

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# Information about your Child's Footwear

## What does the footwear do?

The footwear your child has been prescribed is designed to give additional support and stability around the foot and ankle to control their foot position. The footwear properties are as follows:

- Strong heel counters to give maximum support.
- Height extended above ankle to support and control ankle position.
- Wide heel/ base of the footwear to give extra stability.
- Supportive insole within the footwear.
- Removable insole to assess fit or be replaced by another insole if required.
- Low opening for easy application and to check toes are not clawed.
- Fasten securely with lacing or Velcro.

## When should my child wear them?

Day 1 – 30 minutes

Day 2 – 1-2 hours

Day 3 – 3-4 hours

Day 4 – if no issues start wearing as normal.

Your child will probably find the footwear heavy and firm to start with, as they will not be used to them. Do not worry if your child seems to regress slightly when boots are initially supplied. This should improve with time and after you have built up the wear gradually.

The time can be built up when the child is active or just sitting in buggy. It is just to allow them to build up tolerance to them. Once you have built up the time, the boots should be worn most of the day especially when they are cruising, walking or in a standing frame. It is important to have them on when doing physiotherapy.

## How should I put on the boots?

- Always have a good fitting sock that is pulled up correctly.
- Open the boot wide to allow easy application.
- Check inside the footwear to make sure nothing has fallen in.
- Apply footwear-check position- are the toes lying correctly? You can do this by putting your finger down inside the tongue and to feel the toe position.
- Fasten firmly to make sure they are secure.



