

Socks & Shoes

Tips for choosing and using them

1 Shoe Tips | What To Look For

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



2 Shoe Tips | Trying The Shoe On

- Use a fairly aggressive push to get the brace down into the toe box.
- If the brace slides into the shoe easily, the shoe may be too large.
- Find the smallest shoe that can hold the brace. You may have to wiggle and push the brace into the shoe before the heel drops in. This extra work means the shoe will be only slightly longer than normal. If the shoe is too long, your child may trip over the toes.
- A shoe horn helps get the braced foot into the shoe.

4 Shoe Tips | 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.
- Once you find a brand you like, go to that specific brand again for a dependable fit.

3 Shoe Tips | 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.



5 Shoe Recommendations | Orthopedic Shoes

These shoe brands are designed specifically to accommodate orthoses:

Answer2

ask your orthotist or shop online

Hatchbacks

www.hatchbacksfootwear.com | 800.936.0511

Keeping Pace

www.keepingpace.com | 800.526.0020

Markell Shoe Company

www.markellshoe.com | 914.963.2258

Shoe Recommendations | Other Options

Stores that offer a wide shoe selection are often functionally appropriate, stylish, and considerably less expensive.

Possible Brands

Champion	New Balance
DCs	Peak
Dinosoles	Skechers
Fila	Stride Rite
Keen	Vans
Merrell	

Stores

EMS	Sears
Fred Meyer	ShopKo
Kohl's	Target
Payless	Volume Shoes
JC Penny	zappos.com
REI	

6 Shoe Tips | 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. Our HotDog and PattiBob shoe inserts are ideal for this.



- 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 (as shown in the fitting tips on page one).

7 Socks | What To Look For

For optimal comfort, you'll want to choose a cotton-blend tube sock with the following characteristics:

- fits smoothly against the skin (no bunching or folding)
- wicks perspiration away from the skin
- is seamless
- resists wrinkling

9 Socks | Knit-Rite® SmartKnit AFO® Socks

Knit-Rite SmartKnit socks are available for purchase on our website, www.cascadedafa.com.

Key features include:

- designed specifically for AFO applications
- completely seamless heel and toe
- extra long to provide full coverage
- Corespun Dupont Coolmax yarn provides superior wicking and ensures a wrinkle-free fit
- Microsafe fibers incorporated into the sock prevent growth of bacteria

8 Socks | Tip For Compliance

For compliance with higher AFO styles, consider a sports sock that, when worn inside out, is high enough to fold back down over the leg part of the brace. Soccer socks work well and comes in lots of colors.

Sizing

SmartKnit socks are available in five sizes from Infant to Adult Regular. The children sizes come in a variety of colors.



KNIT-RITE
INCORPORATED

Styles

You can choose a standard tube sock design or a toe sock with a separate big toe—for braces with a toe abduction strap.



Questions? Please contact Customer Service:

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