

Extra Depth/Orthopedic Footwear

Introduction:

Extra Depth/Orthopedic footwear is an important part of diabetic treatment or for those experiencing orthopedic complications. It is especially important if you have loss of sensation or peripheral neuropathy. Correct fit and the correct type of footwear are crucial to prevent or reduce calluses, diabetic ulcers, and to prevent amputations.

People who suffer from peripheral neuropathy may fit themselves too narrow or too short because of loss of protective sensation. This makes it very important to be fit for your shoes by a certified orthotist or pedorthist who is trained to fit you properly.

Extra Depth/Orthopedic footwear is designed to relieve areas that cause excessive pressure such as hammertoes, bunions, and extreme foot shapes. These shoes are able to accommodate, stabilize and support deformities. They have seamless with deeper toe boxes as well as different lasts or shapes to fit different shapes of feet. Because of their adjustability, they are available in many sizes and widths in to achieve a proper fit.

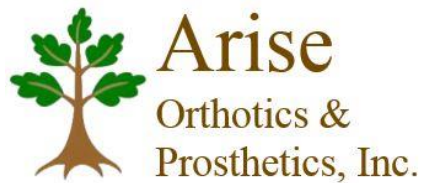
For feet that cannot be fit in off the shelf shoes, custom fabricated shoes can be ordered that are made from a mold of your feet.

To avoid irritation to the foot, extra depth/orthopedic footwear should be worn with seamless socks that do not have an elastic band at the top. White socks are preferred so that if any discharge should occur, indicating a sore, it will be seen on the socks.

Application:

Prior to donning shoes, inspect feet for areas of irritation or breakdown. Since many people who require depth inlay shoes may have limited or impaired sensation, the eyes are the next line of defense to prevent problems associated with the feet. Make sure to always wear a sock, preferably cotton, with minimal or no elastic on the top. Diabetic socks are available through Arise Orthotics & Prosthetics and may also be found at some pharmacies. The sock should have no wrinkles prior to applying the shoe wear. Once the shoe is donned, lace or Velcro snug but not tight. It is a good idea to lace or Velcro the shoe with the toes pointed up with the heel on the floor. This allows the foot to seat properly into the back part of the shoe which will minimize heel motion during walking.

Shoes and inserts must be broken in gradually often taking 5-7 days. Since most people have never worn inserts, they will take some getting used to. Suggested wearing schedule is to start with 2-3 hours the first day and increase the wearing time daily until a full-time wearing schedule is reached, usually within 5-7 days.

**Care and Maintenance:**

Proper care and maintenance of shoes will help to prevent problems associated with excessive use. The leather used in depth inlay shoes is typically a calf skin or other soft leather. Most manufacturers of depth inlay shoes will use only leather or a soft, stretchable fabric to make shoes. The leather can be polished to retain the color and be treated with mink oil to maintain the softness. The stretchable fabric type shoes can be cleaned with a soft damp cloth and allowed to dry prior to wearing.

The soles of shoes must be maintained to ensure that the walking surface remains stable. Since the soles of shoes are made from rubber or a similar material, breakdown and wear of the soles will occur as the shoe is being used. As this breakdown occurs, the walking surface is no longer stable. This instability will affect walking patterns and may affect the knees and low back. If this occurs, please contact Arise Orthotics & Prosthetics to see if the shoe can be repaired.

Improper shoe care and maintenance can cause numerous foot problems as well as problems of the axial skeleton. As shoe wear breaks down, it no longer properly supports the foot and ankle structure, thereby causing problems. If you notice problems with the fit and feel of your depth inlay shoes, please contact Arise Orthotics & Prosthetics to schedule an appointment.

Tips and Problem Solving:

Extra Depth/Orthopedic shoes are fit to allow additional width and depth in the toe box. Since most people wear the incorrect shoe size, depth inlay shoes may initially feel “big”. Depth inlay shoes are typically made over a “contour” last instead of a “summit” last. The “contour” last tends to be the shape of the foot with a wide toe area while the “summit” last tends to be the reverse with a narrow toe area.

Since depth inlay shoes have a “shank”, or rigid plate, in the sole extending from the heel to the toes, some heel slipping may occur. This motion can be minimized if necessary.

If you have any questions regarding the fit and function of your depth inlay shoes and inserts, please call our office at 763-755-9500.

If you have questions or concerns, please contact:

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