

# 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:



**Extended shoe tongue**  
for ease of donning  
over the braced foot

**Wide toe box**  
room in width and depth  
allow for a comfortable  
amount of extra space for  
the brace (sometimes a  
wider width of your child's  
size will do the trick)

**Shoe ties or straps**  
that secure snugly  
over the instep

**Removable insole**  
that can be taken out  
to increase the volume  
available for the brace

**High profile /  
above the ankle**  
for good heel and  
ankle support

Shoe style shown: Plae's "Ty Sport"  
in limestone/blue | goplae.com

### 2 Shoe Tips | Trying The Shoe On

- Remove the insole layer that comes in the shoe.
- 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](http://www.hatchbacksfootwear.com) | 800.936.0511

### Keeping Pace

[www.keepingpace.com](http://www.keepingpace.com) | 800.526.0020

### Markell Shoe Company

[www.markellshoe.com](http://www.markellshoe.com) | 914.963.2258

## Shoe Recommendations | Other Options

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

### Possible Brands

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

### Stores

EMS	REI
Fred Meyer	Sears
Kohl's	ShopKo
Payless	Target
JC Penney	zappos.com

## 7 Socks | What To Look For

For optimal comfort, you'll want to choose a 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® Socks

Knit-Rite SmartKnit socks are available for purchase on our website, [www.cascadedafa.com](http://www.cascadedafa.com).

### Key features include:

- Three styles specifically designed for SMO, AFO or KAFO applications
- Completely seamless heel and toe
- Extra long to provide full coverage
- Core-Spun and Polyester/Lycra yarns ensure wrinkle-free fit
- Superior moisture-wicking yarns for optimal comfort
- Antimicrobial to help prevent odor in the sock

## 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:
  - If the shoes come with a removable flat insole, remove it from the braced side, flip it over, and add it to the un-braced side.
  - Put a molded insole into the un-braced foot's shoe. Our HotDog and PattiBob shoe inserts are ideal for this.



- For a bulkier brace, you may need two different shoe sizes—one for the un-braced 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).

## 8 Socks | Tip For Compliance

For taller AFO brace styles, consider using a colorful soccer sock. When worn inside-out, the extra length can be folded down over the brace.

### Sizing

SmartKnit socks are available in infant, child or adult sizes. Infant and children sizes come in a variety of colors.



### AFO sock styles

Choose a standard sock design or a toe sock with a separate space for the 1st toe.



Toe socks work well for braces with a toe abduction strap.

### Questions? Please contact Customer Service:

800.848.7332 | [customerservice@dafa.com](mailto:customerservice@dafa.com)

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