

A GUIDE TO PRESCRIPTION FOOTWEAR



PEACOCKS EST. 1903

ORTHOTICS

About Peacocks

Founded in 1903, Peacocks Medical Group have a wealth of experience both clinically and technically, for the manufacture and supply of orthotics including footwear, insoles, AFOs and more.

We are committed to customer care, quality and innovation and our experienced orthotists have a wide range of specialist skills covering all aspects of orthotics. Whilst our highly-skilled technicians use their experience and knowledge to manufacture orthotic devices which can improve our patient's lives.

Our quality system meets the requirements of BS EN ISO 9001:2015. All our products meet the requirements of The Medical Devices Regulations and are CE marked where appropriate.



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You have been prescribed specialist footwear to help with your foot condition. These notes are provided to help you obtain the very best from your footwear.

Please gradually increase the time you wear the shoes each day. Wear the shoes indoors for short periods for a few days before venturing outside. It is best to go for a short walk first and examine your feet on return, before embarking on longer expeditions. Sometimes footwear is provided with a slightly looser fit than you may be used to. This is intentional, so please take a little time to get used to this new sensation.

In order to look after your feet it is very important to keep your shoes in good condition. Please make every effort to do the following:

- **Please keep your shoes clean.** Always clean them before you take them for repair.
- **If your shoes become wet** – fill them with newspaper and allow to dry slowly. Never place them on a radiator or any form of heat. Heat can damage the adhesive used in the shoe construction.
- **Regularly examine** the soles and heels of the footwear for wear. Place the shoe on a flat surface and look to see if the heel is still flat. If there is wear; take the shoes back to the Orthotic Department of your hospital so they can arrange for the shoes to be repaired.



If the prescription footwear has been supplied with insoles remove these regularly, brush them down and examine them for signs of wear. If cracks start to appear in the insole return them immediately for repair.

If you have any problems with the footwear or your skin; please contact the Orthotic Department of your hospital straight away. If shoes are returned for any reason please ensure you have a label attached with your name and address clearly stated.

If at any time your shoes need repair they should be cleaned and returned to your Orthotic Department at your hospital. Please make sure the shoes have your name and address attached to them.

If you have Diabetes please note the following about your footwear:

You have been provided with prescription footwear to help protect your feet. This is very important for your own health.

Please do not wear your new prescription shoes all the time for the first two weeks.

For the first four days wear your prescription shoes indoors.

For the first three days take your shoes off every hour to look for any signs of rubbing or pressure.

If you are uncertain do not wear the shoes and contact the clinic where your shoes were prescribed immediately for an appointment.

Once you have passed the four-day period go for a short walk and examine your feet upon return.

Provided there has been no problem with the first walk the next day go for a slightly longer walk and examine your feet on return.

If no problems exist, you may then treat your shoes as any other shoes, but continue to be aware of your skin condition.

Good quality socks including natural fibres and minimal seams are very important to wear with the shoes. Socks designed for runners/walkers prevent sore feet and are very good. Changing your socks regularly should become a routine.

Care and repair of prescription footwear for diabetes:

Your feet may have been diagnosed as being slightly numb at your annual review. If that is the case; on each occasion, before you put your shoes on, run your hand in the shoe to make certain that no foreign objects have fallen inside.

It is essential that the inside of your shoe is smooth and free from areas where the lining has worn through, or stitching has become loose. Please check for this every week and return to the hospital for repair or replacement when these defects can be seen.

Should you have any doubt about any aspects of your footwear, contact the orthotic clinic and ask for an appointment.