

Foot Care and Limb Design Centre,
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Department of
PROSTHETICS & ORTHOTICS

A Guide to Selecting Shoes for Modification



What are Footwear Modifications?

Footwear modifications – either on their own or combined with custom-made orthoses and/or orthopaedic shoes – are a useful way to help patients with certain foot conditions.

How Do I Know if My Shoes Need to be Modified?

Shoe modifications may be necessary if you are experiencing the following:

- Leg length discrepancy (LLD): when one leg is shorter than the other
- Ankle in fixed in downward position
- Walking instability

Following your consultation with the Prosthetist & Orthotist (P&O), you would be advised on the type of shoe modification you may require, such as:

- Shoe raise
- Heel raise
- Flares

How are Your Shoes Modified?

- Shoe modifications involve alterations to the sole of the shoe
- The shape of the sole can be changed by adding or removing a foam-based material called ethylene-vinyl acetate (EVA)
- This material is used on the soles of most sports shoes
- It is important to select a shoe that has a sole which can easily be altered.

What Shoes are Suitable for Modification?

- You are encouraged to modify a pair of relatively new shoes that you are comfortable to wear for a long term
- Most sandals, sports shoes and orthopaedic shoes are suitable for modification
- There are several aspects you can look out for when getting shoes for modification
 - Covered shoes provide protection to your toes and heel



- Shoe fasteners like straps or laces ensure your shoes provide adequate grip on your feet



- Shoe soles need to be
 - ✓ Flat
 - ✓ Thick and firm
 - ✓ Made of EVA foam material

- If you are unsure of whether your shoes are suitable, please consult your attending P&O

What Shoes are Not Suitable for Modification?

- Slippers or flip flops



- Shoes with rubber based soles
- Shoes with thin or deep patterned soles



What Happens During the Consultation?

- At your first outpatient appointment visit, you would be assessed accordingly by your clinician
- You would then be seen on a second appointment for fitting of the modified shoes
- If necessary, you would be scheduled for a review to check on your progress with the shoes

Opening Hours

Mondays – Fridays	8.00am to 5.00pm
Saturdays	8.00am to 12.00pm