

## Only One Brace?

If your child wears a brace on only one foot:

- 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. They may also help balance the volume in two same-sized shoes.
- For a bulky brace, you may need **two different 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 on page 3.



passionate about  
pediatric mobility

... one patient  
at a time™

**CASCADE**  
The **dafo** People®

ask for our Customer Service staff

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Socks and Shoes Rev.01 (Aug 08)

**CASCADE**  
The **dafo** People®

## Socks and Shoes

### Tips for choosing and using them

### Socks

We sell Knit-Rite SmartKnit® AFO socks on our website, [www.cascadedrafo.com](http://www.cascadedrafo.com), in 5 sizes from Infant to Adult Regular. Choose a tube sock or a sock with a separate big toe (for braces with a toe abduction strap). Your child can also wear any smooth cotton blend socks.



For comfort, look for socks that:

- fit smoothly against the skin (no bunching or folding).
- wick perspiration away from skin
- are seamless
- resist wrinkling.

*A soccer sock under  
(and over) a DAFO 4.*



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 come in lots of colors!

### Shoes

All of our products are meant to be worn with socks and shoes.

### choosing shoes

To support the braces, look for shoes that:

- (1) support the heel
- (2) tie or strap snugly over the instep (especially for Fast Fit™ items)
- (3) have room in the toe box (width and depth).

Sometimes, a wider width of your child's size will do the trick.

## orthopedic shoes

For maximum support, consider these orthopedic shoes.



### Answer2

Ask your orthotist or shop online.



### Hatchbacks

www.hatchbacksfootwear.com  
800-936-0511 (Ore.)



### Keeping Pace

www.keepingpace.com  
888-526-0020 (Mass.)



### Markell Shoe Company

www.markellshoe.com  
914-963-2258 (N.Y.)

## other options for shoes

Shoes in stores where you can look over the inventory are often functionally appropriate, stylish and considerably less expensive.

### possible brands

Converse  
Crocs  
DCs  
Dinosoles  
Fila  
Keen  
Merrell  
New Balance  
Peak  
Skechers  
Sprockets (Mervyn's)  
Stride Rite  
Vans  
Winners (Sears)

### stores

EMS  
Fred Meyer  
Kohl's  
Mervyn's  
Payless Shoes  
Penney's  
REI  
Sears  
ShopKo  
Target  
Volume Shoes

or **shop online** if there's a liberal return policy.

## Shoe Shopping

You may want to shop without your child. Take the brace with you and try fitting it into the shoe alone. You can often buy shoes, take them home for a relaxed fitting session and return or exchange them if needed.

Look for shoes that have:

- a padded insole glued or placed in the bottom that you can **remove after purchase** to increase the available volume.
- a **consistent fit**. Once you find a brand you like, go to that specific brand again for dependable fit.

### 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. The 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 you get the braced foot into the shoe.

### 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 resists the brace. A minor cut at this point can provide more room.

