

## Good to know....

- Buy your shoes before you come for your fitting appointment, so that your brace can be fit to the shoe.
- Keep the receipt, so you can return the shoes if they do not fit your brace.
- The shoes do not need to be expensive. The brace will support your foot, so the shoe does not have to.
  - However, if you are only wearing a brace on one side, you need a good shoe to support your unbraced foot.
- Your shoes should be half to a full size bigger than what you would wear without your brace. If you have the brace for only one leg, buy the same size shoe for both feet.
  - You can do the Velcro or laces up tighter on the shoe without the brace. It is OK that it feels looser than the shoe with the brace.
- You can use a shoe horn to help put on your shoes.



## What is the Manitoba Health Shoe Program?

- It gives you a rebate of \$27.80 for your shoes.
- Is only applicable for Mt. Emey shoes sold at RCC.
- Kim will provide you with an invoice that states orthopedic shoes once you pay for the shoes.
- You need to fax or mail that invoice along with a prescription for orthopedic shoes.

Fax to 204-786-6634 or mail to:  
Shoe Program, Manitoba Health  
Commission  
100-300 Carlton St.  
Winnipeg, MB, R3B 3M9



**If you have any questions or want more information, please contact one of our Certified Orthotists at**

**204-258-6660**



## Buying Shoes to Fit Your Brace



## Prosthetics and Orthotics Department

Rehabilitation Centre for Children  
Specialized Services for Children and Youth  
1155 Notre Dame Ave.  
Winnipeg, MB  
R3E 3G1  
Phone: 204-258-6660  
Fax: 204-235-1288  
[www.rccinc.ca](http://www.rccinc.ca)  
[www.sscy.ca](http://www.sscy.ca)

## Look for a shoe with a:

- Wide and deep toe box.
  - Make sure your toes have room to wiggle.
- Removable insole.
  - Thicker is better, because it will be removed to make more room for your brace
- Firm heel counter.
  - You can check this by pinching the back of the shoe. It should not compress.
- Tongue that is only attached at the end, not on the sides.
  - This will make it easier to get the brace and your foot into the shoe.
- Heel height of less than ½ inch.
  - If you will wear different shoes with your brace, make sure the heel height is similar in each shoe.



## The shoe should:

- Be half to a full size larger than what you would wear without your brace.
- End below your ankle bones.
- Be comfortable, especially if you only wear a brace on one side.
- Have laces or Velcro. A slip-in shoe does not work with a brace.
  - Shoes with Velcro may need strap extensions.

## Where can I buy good shoes?

### Mt. Emey

- Eligible for shoe rebate & can be ordered at RCC by your Orthotist. Ask to see the catalogue for specific styles and sizes.
- Wide and deep toe box.
- \$120



### Billy Footwear

- Wide selection of adult and youth styles & colors.
- Zipper around the outside of the shoe helps with taking the brace in and out of the shoe.
- <https://billyfootwear.com/>



### Walmart

- Look for shoes with a “W” after the size, which means it has a wide width.

### Canadian Footwear

- They have a large selection of shoes, including extra wide shoes that will fit your brace.
- [www.canadianfootwear.com](http://www.canadianfootwear.com)



### Butler Boots

- Accordion style to open extra wide.
- <https://thebutlerbrand.ca/>



### Carter's (OshKosh)

- <https://www.cartersoshkosh.ca/>



## Shoe Modifications:

### Donning Loops:

- These are tabs we can sew on the back shoes to help the child or caregiver pull the shoe on.



### Strap extension:

- We can extend the Velcro on the strap so that it's able to close around the brace.



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