

## 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
- Our department administration staff 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**



Specialized Services  
for Children & Youth  
Together Is Better



## Shoes for Braces



## Prosthetics & 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 Shoes with:

### -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 are going to wear different shoes with your brace, make sure the heel height is similar in each shoe.

## WHERE CAN I BUY GOOD SHOES?

### Mt. Emey

[www.apisfootwear.com](http://www.apisfootwear.com)

- Extra wide and deep footwear.
- These shoes need to be ordered by your orthotist.

\$120

### Payless or Walmart

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

### Canadian Footwear

128 Adelaide Street

204-944-7463

[www.canadianfootwear.com](http://www.canadianfootwear.com)

- They have a large selection of adult size shoes, including extra wide shoes that will fit your brace.
- The staff is used to fitting shoes over a brace and will be able to help you.
- They do not carry children size shoes in extra wide.

## 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.



