

Shoe recommendations for children with orthotics

Shoe recommendations

When your child wears orthotics, such as foot orthoses, Supramalleolar Orthoses (SMOs), or Ankle-Foot Orthosis (AFOs), choosing the right shoe helps ensure:

- **Comfort and support**
- **Proper fit** for both foot and orthotic
- **Improved walking balance and alignment**
- **Ease in putting on and taking off shoes**

A good shoe supports your child's **mobility, independence, and confidence** — both in therapy and during everyday play.



photo credit: <https://likiki.colpages/likiki-mobility>

What to look for in a shoe

Feature	Why it's important	What to look for
Wide opening	Makes it easier to fit the orthotic and foot	A shoe that opens far forward (e.g. double velcro, sip along side/front)
Removable insole	Creates extra room for orthotic	Check if the shoe insole can be removed easily
Firm heel counter	Keeps heel stable inside shoe	Squeeze heel - it should feel firm, not soft
Wide toe box	Prevents pressure on toes	Gently press the front of the shoe; there should be room for toe movement
Flexible sole (at forefoot)	Allows natural movement and foot roll	Bend the shoe - it should flex where the toes bend, not in the middle
lightweight and supportive	Reduces fatigue and supports motor learning	Avoid heavy soles or bulky shoes

Shoe recommendations

Brand	Pros	Cons
Ikiki	• Have squeakers for toe walking • Have strap extenders for AFOs • Can order singletons • Not too pricey	• Not overly sturdy for kids who are heavy walkers
Billy	• Zipper instead of lace or Velcro • Great for children that are heavy walkers or rough on shoes • Can order singletons	• Don't have a great tread on the sole for amulatory children
Plae	• Great customer service • Very sturdy with a solid upper • Breathable and flexible	• Pricey
Tsukihoshi	• Great quality • Sturdy and flexible • Velcro options • Rubber sole with elastic laces	
See Kai Run	• Nice soft upper with a few leather styles as options • Nice rounded toe box	
Geox	• Very sturdy • Nice rounded toe box in some designs	• Limited styles in high top • Pricey

