

# Upper Shoe Modifications

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- With the exception of stretching the shoes (by far the most common upper modification), upper mods require special equipment and a reasonable proficiency in sewing.
- Upper mods often serve as a great alternative to expensive and ugly custom shoes.
- Typically, these modifications are not covered by insurance.



# Stretchers

- Ball-and-ring
- Benchtop boot stretcher
- Shoe tree type



# Hook-and-Loop Conversion

- Luckily, most manufacturers have many Velcro® closure styles available.
- There maybe cases, though, where the fitting/functioning is a tie shoe, and the patient really needs Velcro®



# Lace-to-Toe

- Lace-to-Toe conversion
  - Increased adjustability overall
  - Ease is donning
  - More space in the toe box/forefoot
  - High volume foot
  - High instep
  - Toe deformities like claw toes
  - Use of AFO inside shoe



# Bubble Patch

- Also referred to as a balloon patch
- Soft, supple leather like deerskin
- Be mindful of edge placement/rough edge
- Indications
  - Claw toes
  - Hammertoes
  - Crossover toes
  - Bunions
  - Bunionettes



# Quarters Cutout

- Moldable “panel” or cutout
- #2 Plastazote™ covered in soft leather
- Indications
  - Fixed foot deformities
  - Charcot
  - Stage IV AAFD
- Can be done medially or laterally



# Extended padded collar

- Moldable
- Improves heel fit
- Improves shoe fit/function for short TMA or a Lisfranc amputation
- #2 Plastazote™ molded to contours of posterior heel/Achilles tendon
- Covered with soft leather



# Counter Modifications

- Several ways to modify the counter of a shoe
  - Stiffen counter by adding fiberglass
    - Accommodate severe fixed hindfoot varus/valgus deformities
    - Have patient break-in shoe for a week or two first
  - Re-contour counter by heating and reshaping stiffener
    - Only works if counter stiffener is thermoplastic
  - Soften counter by removing part of counter stiffener
    - Haglund's deformity/"pump bump"
  - Widen counter
    - Hindfoot Charcot, s/p heel Fx, muscle flap, etc.



# Posterior pull loop

- Can be added to virtually any shoe
- Assists in donning the shoe
- Good aid for patients with upper extremity/hand weakness and/or arthritis
- Prolongs life of heel counter



# Strap extensions

- Pre-made or custom
- High instep
- High volume foot
- Fluctuating edema



The End